

2009 AAU
Southern Pacific District
Cross Country Championships
November 7, 2009



DATE: November 7, 2009

LOCATION: [Crescenta Valley Park](#) 3901 Dunsmore Ave, La Crescenta, CA 91214

HOST: Valley Youth Conference – Valley Striders

MEET DIRECTOR: Pablo Carlos (818) 541-0355
Email: coachcarlos@la-falcons.com

AWARDS: Medals to the top 3 individuals in each category

FEE: \$15 per athlete

AGE: 18 & Under (age as of 12/31/09)

TIME: 7:30 am – 1:00pm

ORDER OF EVENTS

- | | | | | | |
|--------------------------------------|------|---------------------------|------------------------------|-------|----|
| 1. Primary Girls / Boys 2001 & later | 2k | 6. Sub Youth Girls / Boys | 1996 | 4k | |
| 2. Sub Bantam Girls / Boys | 2000 | 2k | 7. Youth Girls / Boys | 1995 | 4k |
| 3. Bantam Girls / Boys | 1999 | 3k | 8. Intermediate Girls / Boys | 93/94 | 5k |
| 4. <i>Sub Midget Girls / Boys</i> | 1998 | 3k | 9. Young Women / Men | 91/92 | 5k |
| 5. Midget Girls / Boys | 1997 | 3k | | | |

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

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