



# AAU/USA DISTRICT CROSS COUNTRY MEET NATIONAL QUALIFIER

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## Sunday, November 9<sup>th</sup>, 2008

**SITE:** Tomahawk High School  
1048 East Kings Rd  
Tomahawk, WI 54487



**COST:** \$20.00 per athlete  
(Price includes \$12.00 AAU membership/insurance)

**ENTRY DEADLINE:** Pre-register by November 5, 2008. Please fill out the AAU membership application/registration form along with the payment of \$20.00 and send to:  
WI AAU-Cross Country Meet  
2409 Stout Road Suite #1  
Menomonie, WI 54751

**SPECIAL NOTE:** The \$12.00 AAU Membership fee is included in the entry fee.

**LATE REGISTRATION/FEE:** \$25-Day of event (10:30am-11:30am)

Age Qualifications	Distance	Time of Event
Primary- Born 2000 or after	2K (2000Meters)	11:40 a.m.
Bantam- Born 1998 & 1999	3K (3000 Meters)	12:00 p.m.
Midget- Born 1996 & 1997	3K (3000 Meters)	12:00 p.m.
Youth- Born 1994 & 1995	4K (4000 Meters)	12:30 p.m.
Intermediate- Born 1992 & 1993	5K (5000 Meters)	1:00 p.m.
Yg. Men/Women- Born 1990-1991	5K (5000 Meters)	1:00 p.m.

**HOST CLUB:** Tomahawk Cross Country, Head Coach John Zuelsdorf

**AWARDS:** Medals will be awarded to the top 12 athletes in each age division.

**NATIONALS:** Top 12 finishers in each division qualify for the National Championships in Decatur, AL on December 6, 2008. Packets will be given out during the awards presentation.  
<http://www.aauathletics.org/index.asp?a=pages/Crosscountry.html>

*"To give anything less than your best is to sacrifice the Gift."—Steve Prefontaine.*

**CONTACTS:** Chuck Morning (800-228-4872 WI only) or 715-231-4000  
John Zuelsdorf at Tomahawk High School (715-453-2106)