

# 2021 Oklahoma District Cross Country Qualifier

Saturday November 20<sup>th</sup> starting at 10am

Ruby Grant Park Norman, OK

AGE DIVISIONS &	6 & Under Boys & Girls	Born 2015 & After	1000 meters (1K)
DISTANCES:	7-8-Year-Old Boys & Girls	Born 2013 & 2014	2000 meters (2K)
	9-10-Year-Old Boys & Girls	Born 20011 & 2012	3000 meters (3K)
	11-12-Year-Old Boys & Girls	Born 209 & 2010	3000 meters (3K)
	13-14-Year-Old Boys & Girls	Born 2007 & 2008	4000 meters(4K)
	15-18-Year-Old Men & Women	Born 2003 - 2006	5000 meters (5K)
	Open/Masters	Born 2002 – Before	5000 meters (5k)

Register Online: [www.coacho.com](http://www.coacho.com)

Get your AAU Membership at [www.aausports.org](http://www.aausports.org)

Deadline Friday November 19<sup>th</sup>

For more information contact:

**Bryan Daniels - Sports Director Oklahoma AAU Cross Country**

405.535.5443 or [coachb.highsteppers@yahoo.com](mailto:coachb.highsteppers@yahoo.com)

- This event is licensed 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 **Youth** Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

**Be Prepared:** Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.

Due to background screenings, please allow up to 10 days for adult memberships to be processed.

- Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.