

# AAU National CC Championships

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**Competition Date:** December 7, 2019 / Victor Ashe Park – Knoxville, TN

**KYA Athlete Check In:**

12/6/19 – Course Walk Through – Most of the KYA will have already run the AAU courses at the SEAAU District meet. If for some reason you have not run the course before please refer to the course jog schedule below. Brent Smith will be leading all course jogs for the meet:

1000 M Course Walk: 10:45 am – 11:30 am

2000 M Course Walk: 11:45 am – 12:30 pm

3000 M Course Walk: 12:45 pm – 1:30 pm

4000 M Course Walk: 1:45 pm – 2:30 pm

5000 M Course Walk: 2:45 pm – 3:30 pm

12/7/19 - Meet at the KYA team area no later than 1.5 hours prior to your scheduled event. NO EXCEPTIONS. You will receive your bib number at our team tent. We will try to set up close to the picnic shelter. If you have trouble locating the KYA area, please call Marty Sonnenfeldt at (865) 304-8381.

**KYA Uniform:**

All athletes should wear KYA Uniform. Email Brent Smith ([kyacoachbrent@gmail.com](mailto:kyacoachbrent@gmail.com)) if you have not ordered your uniform online before 11/16/18

**Age Divisions and Races (Birth Year Determines Division):**

6 & Under Boys & Girls: Born 2013 & After – 1000 meters (1K)

7-8 Year Old Boys & Girls: Born 2011 & 2012 – 2000 meters (2K)

9-10 Year Old Boys & Girls: Born 2009 & 2010 – 3000 meters (3K)

11-12 Year Old Boys & Girls: Born 2007 & 2008 – 3000 meters (3K)

13-14 Year Old Boys & Girls: Born 2005 & 2006 – 4000 meters (4K)

15-18 Year Old Men & Women: Born 2001 – 2004 – 5000 meters (5K)

**Entry Into Meet** – You must sign up at the link below in order to compete the deadline for this is 12/1/19 – No exceptions

**Entry Fee** - \$40.00 per – YOU MUST PAY ONLINE AT THE LINKE BELOW NO LATER THAN 12/1/19. KYA will not process an entry without payment. KYA will also pick up all athletes competitor packets Friday prior to the course jog.

[https://events.com/r/en\\_US/registration/kya-post-season-xc-program---aaU-cross-country-nationals-knoxville-december-771073](https://events.com/r/en_US/registration/kya-post-season-xc-program---aaU-cross-country-nationals-knoxville-december-771073)

\*\*\*If you did not qualify for the Tennessee State ES/MS XC Championships in Knoxville 10/19/19 AND you did not compete at the SEAAU District AND you are not in HS, your charge would be \$60. Please contact Chris Kane at [knoxvillyouthathletics1@gmail.com](mailto:knoxvillyouthathletics1@gmail.com) if this is the case.\*\*\*

**Meet Schedule:**

Athletes should be prepared to check in at the Clerk's Tent at least 45 minutes prior to the start of their race. (Tentative schedule; subject to change)

National Anthem 8:50 am  
17-18 Women & 15-16 Girls 9:00 am  
17-18 Men & 15-16 Boys 9:30 am  
13-14 Girls 10:00 am  
13-14 Boys 10:30 am  
11-12 Girls 11:00 am  
11-12 Boys 11:30 am  
9-10 Girls 12:00pm  
9-10 Boys 12:30pm  
7-8 Girls 1:00pm  
7-8 Boys 1:30pm  
6 & Under Girls 2:00pm  
6 & Under Boys 2:15pm  
Coaches Run 2:35pm

For further Information please contact: Brent Smith at (865) 414-3724 or [kyacoachbrent@gmail.com](mailto:kyacoachbrent@gmail.com)