

The Central Florida Gliders Track Club  
www.cfgliders.com  
presents the

2008 Florida Association

**NATIONAL**  
*Cross  
Country*  
**QUALIFIER**

October 11, 2008

Seminole County Softball Complex/Sanlando Park  
264 W. North Street - 401 Highland Street  
Altamonte Springs, Florida 32714

This event is the qualifier for the AAU Youth Cross Country  
National Championships to be held in Decatur, AL on  
December 6, 2008.

*Pre-registration is recommended.*



[www.cfgliders.com](http://www.cfgliders.com)



Altamonte Sports  
624 Bills Lane  
Altamonte Springs, FL 32714

PRSR STD  
U.S. Postage  
PAID  
MID-FL, FL  
Permit #360

**ENTRY FORM**

Make check payable to Central Florida Gliders • Preregistered entries must be received by October 7, 2008. • Mail to: Craig Wise, Meet Director, 931 S.R. 434, Suite 1201-319, Altamonte Springs, FL 32714

Name of Athlete: \_\_\_\_\_  Male  Female Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: ( \_\_\_\_\_ ) \_\_\_\_\_

AAU Membership #: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age Division: \_\_\_\_\_

Entering as:  Individual or  Team Member Team Name: \_\_\_\_\_

**WAIVER:** In consideration of my entry into the Florida AAU Cross Country Meet Qualifier, I intend to be legally bound, do hereby for myself, executors, waive, release and forever discharge any and all legal rights and claims of damages, person or property arising out of my participation, from the AAU, Seminole County, Seminole County Parks and Recreation, Sanlando Park, Seminole Softball Complex, City of Altamonte Springs, Altamonte Sports, the Central Florida Gliders Track Club, their agents, coaches, representatives, successors and assigns. I further testify that I have practiced and I am physically fit and in condition to compete in this event.

Signature of Entrant

Date

Signature of Parent or Guardian of Entrant if under 18 years of age

Date

### Saunction:

Florida Association Amateur Athletic Union

### Host:

Central Florida Gliders Track Club • www.cfgliders.com

### Date:

Saturday, October 11, 2008

### Location:

The race start is located at the Seminole Softball Complex on North Street. The courses will run throughout Sanlando Park located on Highland Street, Altamonte Springs, Florida (Please see map on back)

### Time:

REGISTRATION.....	7:30 - 8:15 a.m.
2K RACE (1.2 miles) - Primary Age Group.....	8:30 a.m.
3K RACE (1.8 miles) - Bantam Age Group.....	8:30 a.m.
3K RACE (1.8 miles) - Midget Age Group.....	9:00 a.m.
4K RACE (2.4 miles) - Youth Age Group.....	9:30 a.m.
5K RACE (3.1 miles) - Intermediate & Young.....	10:00 a.m.
5K RACE (3.1 miles) - Open Race .....	10:15 a.m.
TEAM AWARDS PRESENTATION.....	10:30 a.m.

### Cost:

\$10.00 per athlete preregistered. \$15.00 per athlete day of race. Make checks payable to Central Florida Gliders. Sorry, no refunds.

### Mail Entries to:

Craig Wise, Meet Director  
931 S.R. 434, Suite 1201-319  
Altamonte Springs, FL 32714  
(407) 682-1368 • coachwise@hotmail.com • (407) 682-1697

### Cross Country Age Divisions:

Primary (8 & Under).....	Born 2000 & After
Bantam (9&10).....	Born 1999 & 1998
Midget (11 & 12).....	Born 1997 & 1996
Youth (13 & 14).....	Born 1995 & 1994
Intermediate (15 & 16).....	Born 1993 & 1992
Youth (17 & 18).....	Born 1991 & 1990

### AAU National Cross Country Championships:

December 6, 2008 in Decatur, AL

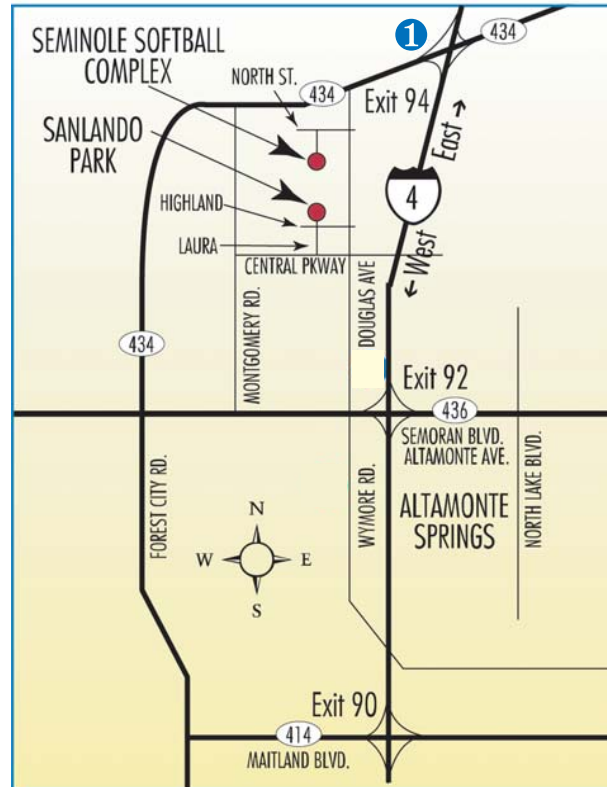
**Please fill out entry form on back. Preregistered entries must be received by October 7, 2008. Please use overnight delivery if necessary. Unsigned entries will not be accepted.**

### Directions:

The races will start at the Seminole Softball Complex with the courses running throughout the trails in Sanlando Park. Parking is available at both locations, the park and the softball complex.

SEMINOLE SOFTBALL COMPLEX: Located at 264 W. North Street, just off of Douglas Ave., north of S.R. 436, south of S.R. 434.

SANLANDO PARK: Located at 401 Highland Street. Just off of Douglas Ave. and Central Parkway. At the end of Laura Ave., on Highland St.



### Suggested Hotel Host:

- 1 Comfort Inn Longwood • (407) 862-4000  
2025 W. SR 434, Longwood, Florida  
Event Rate: \$59.00 a night  
Event Code for Rate: AAU National Cross Country

### To Qualify for the National Championships:

The top 20 individuals from the district meet in each age division, both boys and girls, and all the team members from the top 3 teams in each age division, regardless of overall place (no alternates). All participants must be AAU members, and all teams must be AAU registered. The AAU membership card is \$12.00 and must be purchased before the meet. To purchase an AAU card or register a team, register online at www.aasports.org.



### About the AAU:

The Amateur Athletic Union (AAU) Youth Sports Program is one of the largest multi-sports programs for youth in the United States. Since its inception in 1949, the AAU Youth Sports Program has provided an opportunity for millions of youth age 8 to 18 to participate in various sports at the local, regional and national levels. The AAU's philosophy of "sports for sports' sake" is shared by thousands of registered clubs and a vast number of volunteers at the grassroots level.

The AAU Junior Olympic Games is the largest national multi-sport event conducted annually for youth in the United States and the showcase event of the AAU Youth Sports Program.



### About the Central Florida Gliders:

The Central Florida Gliders are a 501(c)(3), nonprofit, community-based youth running club with over 100 athletes participating. The organization in its 17 year existence, has had much success producing teams and individuals of national caliber. The club's stated purpose in its bylaws is to motivate the athlete to aspire to achieve leadership, discipline, and integrity through the sport of track and field and cross country running. Additionally, the organization stresses to its members the importance of academic achievement, community services and good sportsmanship.

If you, your business or someone you know is interested in sponsoring the team, tax deductible donations can be made to assist the athletes traveling to national competitions. Please call (407) 682-1368 for more information. Your support of youth running in Central Florida is greatly appreciated. www.cfgliders.com



### About Altamonte Sports:

Altamonte Sports is continually striving to provide the maximum in sports opportunities for the youth of Altamonte Springs. Our foundation was built upon various youth camps, leagues, clinics and events. The standard for youth sports is constantly changing, and altamonte sports is the standard for all others to measure up against. Please visit our website at www.altamontesports.org to see if we meet your expectations.