



PRESENT THE

2021 FLORIDA AAU

DISTRICT

Cross
Country

CHAMPIONSHIP

OCTOBER 23, 2021

Seminole Softball Complex
2200 North Street
Altamonte Springs, FL 32714



SAME-DAY ENTRY/WAIVER FORM

Please register online at coach0.com by 5pm on October 22, 2021. Same-day entrants, please complete this form.

www.cfgliders.com



Central Florida Gliders

P.O. Box 161965

Altamonte Springs, FL 32716-1965

Name of Athlete: _____ Male Female Email Address: _____

Address: _____ City: _____

State: _____ Zip: _____ Telephone: (_____) _____

AAU Membership #: _____ Birthday: ____/____/____ Age Division: _____

UNATTACHED OR CLUB MEMBER CLUB NAME _____ TEAM ENTRY? Y / N

MAIL-IN REGISTRATION ONLY!

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, heirs, assigns 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, Seminole County Softball Complex, City of Altamonte Springs, 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 if Entrant is under 18 years of age. Date _____

LICENSE:
FLORIDA DISTRICT AMATEUR ATHLETIC UNION

HOST:
Central Florida Gliders Track Club

DATE:
Saturday, October 23, 2021

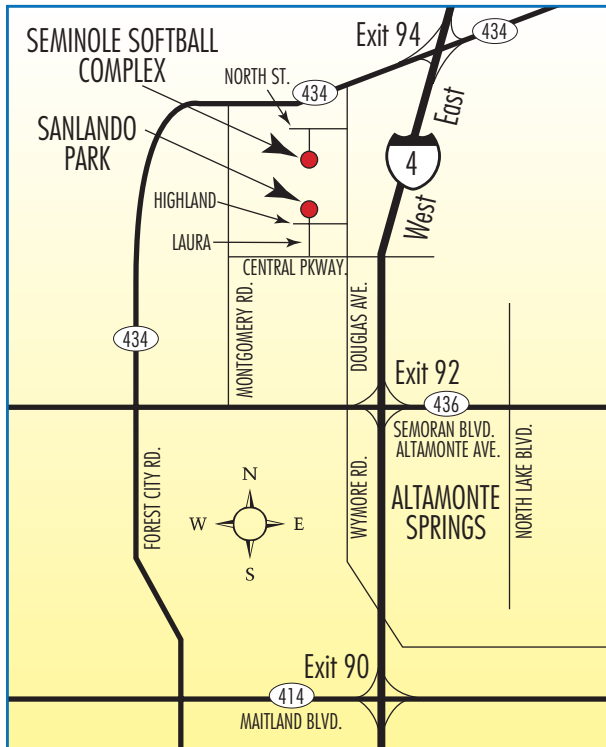


LOCATION & DIRECTIONS:

The race start and check-in is located at the Seminole Softball Complex on North Street. The courses will run throughout Sanlando Park located on Highland Street, Altamonte Springs, Florida. Parking is available at both locations, the park and the softball complex.

SEMINOLE SOFTBALL COMPLEX: Located at 2200 North Street, just off of Douglas Ave., north of SR 436, south of SR 434.

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



ROLLING SCHEDULE:

7:15 AM	Registration/Package
7:50 AM	National Anthem
8:00 AM	First Race Begins
5K..	Open, 15-18 Women/Girls & Men/Boys & Coaches
4K.....	13-14 Girls & Boys
3K.....	11-12 Girls & Boys
3K.....	9-10 Girls & Boys
2K	7-8 Girls & Boys
1K.....	6 & Under Girls & Boys

COST & REGISTRATION

Online registration now thru 10/22/21: **\$20**

Submit entries at: **WWW.COACHO.COM**

Online registration payments via credit card must be **received by 5pm on October 22, 2021.**

Same-Day Registration: \$30 cash by **8:15 AM**

MEET DIRECTORS (contact: info@cflgliders.com)

Craig Wise, Meet Director
Neamen Wise, Asst. Meet Director
Timing: GunLap Running

CROSS COUNTRY AGE DIVISIONS & DISTANCES:

- 6 & Under**
Boys & Girls Born 2015 & After 1000 meters (1K)
- 7-8 Year Old**
Boys & Girls Born 2014 & 2013 2000 meters (2K)
- 9-10 Year Old**
Boys & Girls Born 2012 & 2011 3000 meters (3K)
- 11-12 Year Old**
Boys & Girls Born 2010 & 2009 3000 meters (3K)
- 13-14 Year Old**
Boys & Girls Born 2008 & 2007 4000 meters (4K)
- 15-18 Year Old**
Men & Women Born 2006 - 2003 5000 meters (5K)

- 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 event entry fee
- AAU membership must be obtained before the competition begins
- Participants must visit the AAU website to obtain their membership www.aausports.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 AAU Youth Sports.

AAU National Cross Country Championships

December 4, 2021
McAlpine Park
Charlotte, NC 37912

ABOUT THE GLIDERS

The Central Florida Gliders is non-profit 501 (c)(3) charitable organization serving Central Florida since 1989. The club's stated purpose is to motivate each 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 service and good sportsmanship. To register for membership, please visit cflgliders.com.

If you, your business or someone you know is interested in sponsoring the Club, tax deductible donations can be made to assist athletes travelling to national competitions. Please visit our web site for more information about the club and its accomplishments including 76 national titles.

