2020 MARYLAND AAU DISTRICT CROSS COUNTRY CHAMPIONSHIP

Host: Central MD Youth XC Meet Director: John Steiner and Phil Lang

Date: Sunday November 1, 2020 – Packet Pick-up 9am

Site: Catoctin Creek Park - Address: 2929 Sumantown Road, Middletown MD 21769

Awards: Medals for 1st, 2nd, 3rd, 4th, 5th, and 6th pace.

Advancement: All athletes who participate in this event are eligible to register for the National Championship in Tallahassee, FL on Saturday December 5, 2020.

NO RACE DAY REGISTRATION, online registration closes on Wednesday October 28, 2020 at 11:59pm.

\*Event Schedule (Rain or shine) (age based on age as of 12/31/20)

7:45 AM – 9:30 AM – Open Course Walks

9:00 AM – Packet Pick-up

Genders will be combined and run together except for 5k.

9:45 AM (Boys 5k) - 15, 16, 17, 18-year-old and 9th graders who aren’t 15 yet

10:10 AM (Girls 5k) - 15, 16, 17, 18-year-old and 9th graders who aren’t 15 yet

10:45 AM (B & G 4k) – 13 and 14-year-old

11:25 AM (B & G 3k) – 11 and 12-year-old

11:55 AM (B & G 3k) – 9 and 10-year-old

12:25 PM (B & G 2k) – 7 and 8 - year old

Please follow all CDC and Maryland Covid guidelines. This includes face masks for all with the exception of when athletes are running.