

AAU MARYLAND DISTRICT



CROSS COUNTRY CHAMPIONSHIP

Sunday, November 15, 2026

Mt. Vista Park

Kingsville, Maryland

Hosted By: Maryland Blaze Track Club

Online Entry Opens: September 30, 2026

Online Entry Closes: November 11, 2026 @ 12:00 p.m.

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 a part of the entry fee to this 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-Adult Membership Are No Longer Instant and Cannot Be Applied for At the Event.** Please Allow **10 Days** for Memberships to Be Processed. Participants Are Encouraged to Visit the Uventex Website: <https://uventex.com/> To Obtain Their Membership.



MARYLAND AAU ASSOCIATION DISTRICT CROSS COUNTRY CHAMPIONSHIP

Location: Mt. Vista Park
11063 Raphel Rd. Kingsville, MD 21087

Date: Sunday, November 15, 2026

Cost: \$30.00 Per Athlete. Entry to compete in the meet is to be done in athletic.net. All entry fees are nontransferable and nonrefundable.

1. If A District Does Not Host a District Championship. An Athlete Can Advance Directly to The National Cross Country Championship. Their Entry Fee Will Be **\$40.00.**
2. High School Athletes Ages 13–18 Will Be Advanced Directly to The Cross-Country National Championship. Their Entry Fee Will Be **\$40.00.**
3. An Athlete May Advance Directly to The National Championship Without Competing In A District Championship. Their Entry Fee Will Be **\$40.00.**

AGE DIVISION:

6 & Under Boys & Girls	Born 2020 & Before	1000 Meter Run (1K)
8 & Under Year Old Boys & Girls	Born 2018 & After	2000 Meter Run (2K)
9-Year-Old Boys & Girls	Born 2017	3000 Meter Run (3K)
10-Year-Old Boys & Girls	Born 2016	3000 Meter Run (3K)
11-Year-Old Boys & Girls	Born 2015	3000 Meter Run (3K)
12-Year-Old Boys & Girls	Born 2014	3000 Meter Run (3K)
13-Year-Old Boys & Girls	Born 2013	4000 Meter Run (4K)
14-Year-Old Boys & Girls	Born 2012	4000 Meter Run (4K)
15 – 16-Year-Old Boys & Girls	Born 2011 – 2010	5000 Meter Run (5K)
17 – 18-Year-Old Boys & Girls	Born 2009 – 2008	5000 Meter Run (5K)
Open & Master	Born 2007 & Over	5000 Meter Run (5K)

AWARDS:

For The AAU Maryland District Association Cross Country Championship, AAU Championship Medals Will Be Awarded to The Top Eight (8) Individual Places Based on the Year Of Birth For All Age Divisions. A Team Trophy Will Be Presented to The Top Three Teams Both Females (Girls) And Males (Boys).

TEAM SCORING:

1. No More Than Eight (8) Athletes May Start as A Team.
2. The Finishing Position of An Athlete Shall Be His / Her Score.
3. The Total of the Positions of The **FIRST FIVE (5)** Members of Each Team Shall Be That Team's Score.
4. In Determining Team Scores, The Athlete Who Did Not Compete on A Team Will Deleted from the List of Place Finishers. The Team Finishers Will Then Be Reassigned Finishing Places and The Score Calculated as Indicated.
5. Teams With Fewer Than **FIVE (5)** Finishers Shall Not Score as A Team.
6. In Case of a Tie-on Points, The Team Whose SIXTH (6) Members Athlete Finished First Shall Be Given the Higher Place.
7. There Will Be ELEVEN (11) Total Races Contested for The Team Competition Consisting of The Following Age Group Divisions for Boys (Male) And Girls (Female): 6 & under, 8 & Under Year Old, 9 – 10-Year-Old, 11 – 12-Year-Old, 13 – 14-Year-Old, High School 15 – 16 & 17 – 18 Year and Open and Masters.
8. Competitors **MUST COMPETE IN THEIR OWN AGE DIVISION ONLY.** No Athlete May / Can Compete in A Younger or Older Division.

PARKING:

On Site Parking Lot and Raphael Rd

OTHER INFORMATION:

The National Championship Will Occur on Saturday, December 5, 2026, In Tallahassee, Florida.

Port-A-Pots Will Be Available. **NO BATHROOMS INSIDE.**

First Aid Will Be Available.

Please Contact the Meet Director:

Zig Benoit at md.blaze.tc@gmail.com or (443) 406-6006 Text Preferred





MEET SCHEDULE

MARYLAND AAU ASSOCIATION DISTRICT CROSS COUNTRY CHAMPIONSHIP

Mt. Vista Park
11063 Raphel Rd. Kingsville, MD 21087

All Athletes who participate in the Maryland AAU District Cross Country Championship. Must have a SIGNED LIABILITY WAIVER FORM Submitted at the time Of Packet Pick-Up. (See coacho.com for Waiver Form)

8:00 a.m. – 9:00 a.m.	PACKET PICK-UP	
8:30 a.m. – 9:00 a.m.	COURSE WALK (All Races)	
9:15 a.m. – 10:00 a.m.	15 – 16 GIRLS & BOYS	5000 METER (5K)
	17 – 18 YOUNG WOMEN AND YOUNG MEN	5000 METER (5K)
	OPEN AND MASTERS (WOMEN & MEN)	5000 METER (5K)
10:15 a.m.	6 & UNDER GIRLS AND BOYS	1000 METER (1K)
10:30 a.m.	8 & UNDER GIRLS AND BOYS	2000 METER (2K)
11:00 a.m.	9 – 10 GIRLS	3000 METER (3K)
11:30 a.m.	9 – 10 BOYS	3000 METER (3K)
12:00 p.m.	11 – 12 GIRLS	3000 METER (3K)
12:30 p.m.	11 – 12 BOYS	3000 METER (3K)
1:00 p.m.	13 – 14 GIRLS AND BOYS	4000 METER (4K)

Awards Ceremony Will Occur After Each Racer Division – Top 8 Finishers and The Team Trophy Awarding to The Top Three (3) Teams Each Gender Will Occur at The Conclusion of The Races.

ALL PARTICIPATING ATHLETES WILL ADVANCE TO THE AAU CROSS NATIONAL CHAMPIONSHIP ON DECEMBER 6, 2025, IN Tallahassee, Florida. REGISTRATION WILL BE ON athletic.net.

**** Course Marshalls / Volunteers Will Be Available Throughout the Course.**

**** Check-In Will Be Available Throughout the Meet for Check-In Prior To Start of Race.**

**** Race Will Start on Schedule Time, But Also Could Run Up To 30 Minutes Earlier Based on Meet Pace and Number of Entries.**

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MARYLAND AAU ASSOCIATION DISTRICT CROSS COUNTRY CHAMPIONSHIP
AAU (AMATEUR ATHLETIC UNION)

WAIVER AND RELEASE OF LIABILITY FORM

READ BEFORE SIGNING:

In Consideration of Being Allowed To Participate In any Way In The Maryland AAU Association District Cross Country Championship, the Undersigned Acknowledges, Appreciates And Agree That: 1. The Risks Of Injury And Illness (ex. Communicable Diseases Such as MRSA, Influenza and Covid-19) From the Activities Involved In This Program are Significant Including The Potential For Permanent Paralysis And Death and While Particular Rules, Equipment and Personal Discipline May Reduce these Risks. The Risks of Serious Injury and Illness Do Exist and 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, Both Known and Unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or Others and Assume Full Responsibility For My Participation And 3. I Willingly Agree to Comply with The State and Customary Terms and Conditions for Participation. If, However I Observe and Unusual Significant Hazard During My Presence of Participation. I Will Remove Myself from Participation and Bring Such to The Attention of The Nearest Official Immediately And 4. I For Myself and On Behalf of My Heirs, Assigns, Personal Representatives and Next of Kin. HEREBY RELEASE AND HOLD HARMLESS AAU (Amateur Athletic Union), Maryland AAU District Association And their Officers, Officials, Agents, And Or Employees, **The County Executive, Katherine A. Klausmeier, The County Council**, The Department of Recreation and Parks, **The Host – Maryland Blaze Track Club**, Their Agents, Officials, Coaches, Employees and Volunteers, Other Participants, Sponsoring Agencies, Sponsors, Advertisers, And If Applicable Owners and Lessors Of Premises Used To Conduct The Event (“RELEASEE”), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the Fullest Extent Permitted By Law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY WITH ANY INDUCEMENT.

Participant Name _____ Participant Name _____

Participant Name _____ Participant Name _____

FOR PARTICIPANTS OF MINORITY AGE (UNDERAGE OF 18) AT THE TIME OF COMPETITION:

This Is to Certify That I, As the Parent / Guardian with Legal Responsibility for This Participant, Have Read and Explained the Provisions in This Waiver / Release to My Child / Ward Including the Risks of The Activity and His/ Her Responsibilities for Adhering to The Rules and Regulations. Furthermore, My Child / Ward Understands and Accepts These Risks and Responsibilities. I For Myself, My Spouse and Child / . Ward Do Consent and Agree to Indemnify and Hold Harmless the Released from Any and All Liabilities Incident to My Minor Child's / Ward's Involvement or Participation in These Activities as Provided Above EVEN IF Fully ARISING FROM THEIR NEGLIGENCE Permitted by Law.

Parent / Guardian Name (Print): _____

Parent / Guardian Signature: _____

Date Signed: _____ Emergency Phone Number: _____