



# 2013 CROSS-COUNTRY SEASON

The Slipstream Track & Field Club will be conducting our 2013 cross-country program beginning on Saturday, November 9, 2013 with a registration/practice session at 9:30 on the Daniel Boone course. Please park in the Crossroads Christian Church parking lot.

Club founder and coach Brian Buckner will be handling the fall program. If you have any questions please call Brian at 423-742-5004 or email [brian@slipstreamtrackclub.com](mailto:brian@slipstreamtrackclub.com).

## AAU AGE DIVISIONS

7-8 Yr Old	Born 2006 & 2005	2000 meters
9-10 Yr Old	Born 2004 & 2003	3000 meters
11-12 Yr Old	Born 2002 & 2001	3000 meters
13-14 Yr Old	Born 2000 & 1999	4000 meters
15-16 Yr Old	Born 1998 & 1997	5000 meters
17-18 Yr Old	Born 1996 & 1995	5000 meters

Teams are created from each age group except from the 15-16 and 17-18 divisions. These high school age divisions are combined for team purposes but separated for individual placing.

## SCHEDULE

November 16, 2013 AAU Southeastern District Championships  
Victor Ashe Park, Knoxville, TN  
Entry Fee: \$17

November 30, 2013 Footlocker South Region  
McAlpine Park, Charlotte, NC  
Entry Fee: \$20 before Nov. 25

December 7, 2013 AAU National Championships  
Fort Gordon, Augusta, GA  
Entry Fee: \$40



## CLUB FEES:

The cost for the 2013 season is \$97.00. This fee includes the following:

Club membership & AAU membership(required)	\$40
AAU Southeastern District	\$17
AAU National Championship	\$40

AAU membership covers the athlete until August 31, 2014 and so \$20 would be deducted from 2014 summer fees.

The Footlocker South fee of \$20 is extra and should be paid online directly. Search the internet for the Footlocker South Region.

The club will handle the AAU entries and so that portion should be made payable to the Slipstream Track & Field Club. Fees must be submitted by November 13, 2013.

## UNIFORMS

Jerseys are available for \$18. Jerseys would not be available for the first meet but would be available after that. The short we wear are currently black and we let everyone get their own short that works best for them.

## PRACTICE

Due to darkness and Brian's work schedule, practice dates and locations will vary and will be posted on our Facebook page. We will provide a workout plan to help you out where you are encouraged to practice on your own after school.

