

All of this information is available by looking through the websites and clicking on the links for the meet information. See bottom of chart of how to find the specific details on the websites. Spend some time checking out the websites for additional meet information. This should give you a good start. Families decide what they want to do. Consider personal schedules, required time off work/school, cost of travel (plane tickets, gas, hotels, meals), time for travel, likely weather based on meet location and time of year. Meets require arrival day before to get bib numbers. It is much less stressful to go to the meet site the day before, get the lay of the land (parking, start line, assigned start position), review the course, and have your child then settle in to get a good night sleep before the race. Depending on who is going, one adult/coach typically picks up the team packet so it does require some organization to hand out bibs.

XC Post-Season	CCCNYS	Footlocker South	AAU Nationals	USATF Nationals
When	Sat. before Thanksgiving	Sat. after Thanksgiving	1 <sup>st</sup> Saturday in Dec.	2 <sup>nd</sup> Saturday in Dec.
Where	Typically TN, IN, KY,	Charlotte, NC	Varies. See FPYC Website	Rotates East, Mid, and West regions
Qualifier?	No although website does list a qualifying standard	No	Not usually. Potomac Valley region has not had one	Yes
FPYC pays meet fee?	Yes	No	Yes	Yes
FPYC registers?	Yes	No	Yes	Yes
Competition Age Groups	6-8 y/o race together, 7-8, 9-10, 11-12, 13-14, 15-18	10U, 11-12, 13-14, also HS races	7-8, 9-10, 11-12, 13-14, 15-18	7-8, 9-10, 11-12, 13-14, 15-18
Race Distance	6-8 2K; 9-10 & 11-12 3K; 13-14 4K, 15+ 5K. Also has 800m for 8U.	10U 3K; 11-12 3K; 13-14 5K	2K.3K, 4K, 5K as usual	2K, 3K, 4K, 5K as usual
Age groups for awards	Single year 6, 7, 8 to 14 y/o then 15-16 and 17-18	Top 36 in each race	Single Year for awards	2 yr. age group for awards
Award Ceremony	Yes for top 25 each single yr. age group	Yes	Yes – Top 8	Yes – Top 25
How many awards given out?	Top 25 in single year age group	Top 36	Top 25 get medals at finish line. Top 8 have separate ceremony	25 in ceremony
All-American Designation?	No	No	Yes - Top 8 in single year age group	Yes - Top 25 in double yr. age group
Membership required?	“Yes-Athletics” Membership	No	“AAU” membership	“USATF” membership
Guided Course Walks available?	Yes per schedule	No	Yes per schedule	Yes per schedule
6 y/o can run?	Yes	Does not specify. We don't recommend.	No	No
Assigned Start Box	Not sure	Probably not	Yes	Yes
Website	Youthcrosscountry.org.  Click on separate links for details.	<a href="http://footlockercc.com">http://footlockercc.com</a>  Click on separate links for details.	Aausports.org. Click on “More Sports” Click on track and field. Click on the Image for the National Cross Country	Usatf.org. Click on events/calendar. Click on National Championships. Scroll down and find the meet. Click JOXC Passport