

**2005 GEORGIA AAU
CROSS COUNTRY CHAMPIONSHIPS
EAST LAKE ELEMENTARY SCHOOL**

NAME: _____ COACH: _____ PHONE: _____

ADDRESS: _____ CITY: _____ ZIP: _____

MALE: _____ FEMALE: _____ TEAM: _____

BIRTH DATE: _____ AAU NUMBER: _____

AGE DIVISION:

PRIMARY _____ (8 & U), BANTAM _____ (10 & U)

MIDGET _____ (12 & U), YOUTH _____ (13 & U), INTER _____ (15 & U), YOUNG _____ (18 & U)

2005 AAU CROSS COUNTRY

DATE: NOVEMBER 6, 2005

SITE: EAST LAKE ELEMENTARY SCHOOL 199 E Lake Rd McDonough, GA 30252 (678) 583-8947
. DIRECTIONS ARE ATTACHED. A WALK THROUGH WILL TAKE PLACE AT 9:00 AM.

SANCTION: NATIONAL AMATEUR ATHLETIC UNION

HOST: GA. AAU (TRACK PHI TRACK ELITE, INC)

ENTRY FEES: EACH PARTICIPANT \$12.00, THERE WILL BE ON – SITE REGISTRATION FROM 8:00 TO 9:30AM THE COST FOR ON – SITE REGISTRATION IS \$14.00. THERE IS NO ADDITIONAL CHARGE FOR ENTRY OF A TEAM FROM AN AAU CLUB. TEAM MEMBERS MUST BE PRE-REGISTERED ON THE TEAM ENTRY FORM.

ENTRIES: IN ORDER TO COMPETE, ONLY ATHLETE WITH A CURRENT 2006 AAU MEMBERSHIP NUMBER AND IS A RESIDENT OF GEORGIA OR NEIGHBORING STATE (ALABAMA, TENNESSEE, FLORIDA, AND SOUTH CAROLINA). EACH ATHLETE MUST RUN IN THEIR APPROPRIATE AGE DIVISION. ENTRY FORMS MUST BE COMPLETE WITH A BIRTH DATE DOCUMENT. MAKE ALL PAYMENTS BY CERTIFIED FUNDS PAYABLE TO AAU CROSS-COUNTRY. MAIL TO KARSTEN EDWARDS 5522 WINSLOW CROSSING NORTH. LIHTONIA, GA. 30038. FOR MORE INFORMATION CALL 770-322-6988 OR FAX ENTRY TO 770-322-6988.

ENTRY DEADLINE IS NOVEMBER 3, 2005.

MEMBERSHIP: TEAMS MUST PRESENT THEIR CURRENT 2005 AAU CLUB NUMBER. CONTACT BARBARA ROSS DOLLAR 3614 ORR. DR. EAST POINT GA. 30334 OR CALL AFTER 6PM 404-559-0686 or online at AAUSPORTS.org.

AWARDS: OFFICIAL AAU ASSOCIATION MEDALS TO THE FIRST THREE FINISHERS. FIRST PLACE AWARDS WILL BE GIVEN TO THE TEAM WINNING FIRST IN EACH DIVISION.

RACE DAY: ATHLETES SHOULD BE PREPARED TO CHECK IN AT THE STARTING LINE 30 MINUTES PRIOR TO START OF RACE.

RACE ORDER

PRIMARY GIRLS 2K	10:30	SUB BANTAM 2K	11:00
BANTAM GIRLS 3K	12:00	BANTAM BOYS 3K	12:30
MIDGET GIRLS 3K	1:00	MIDGET BOYS 3K	1:30
YOUTH GIRLS 4K	2:00	YOUTH BOYS 4K	2:30
INTERMEDIATE GIRLS 5K	3:00	INTERMEDIATE BOYS 5K	3:30
YOUNG WOMEN 5K	4:00	YOUNG MEN 5K	4:00

ALL RACES ARE SUBJECT TO RUN HALF HOUR AHEAD

DIRECTIONS

20 EAST DOUGLASVILLE

Summary: 50.5 miles (1 hour)

Mile	Instruction	For	Toward
0.0	Depart Douglasville on E Church St (East)	0.1 mi	
0.1	Turn LEFT (North) onto Campbellton St, then immediately turn RIGHT (East) onto US-78 [SR-5]	0.4 mi	
0.5	Turn RIGHT (South) onto SR-92 [Fairburn Rd]	1.7 mi	
2.2	Take Ramp (LEFT) onto I-20 [SR-402]	19.0 mi	I-20
21.2	At exit 57, turn RIGHT onto Ramp	0.1 mi	I-75 / I-85 / Chattanooga / Greenville / Macon / Montgomery
21.4	Take Ramp (RIGHT) onto I-75 [I-85]	18.1 mi	I-75 / I-85 / Macon / Montgomery
39.5	At exit 228, turn RIGHT onto Ramp	0.3 mi	GA-138 / Jonesboro / Stockbridge
39.7	Keep LEFT to stay on Ramp	43 yds	GA-138 / Stockbridge
39.7	Turn LEFT (North-East) onto SR-138 [Stockbridge Hwy]	1.4 mi	
41.1	Turn RIGHT (South) onto US-23 [SR-138]	3.5 mi	
44.7	Keep STRAIGHT onto SR-138 [Stockbridge Hwy]	0.4 mi	
45.0	Keep RIGHT onto Millers Mill Rd	3.4 mi	
48.5	Turn RIGHT (South) onto SR-155	1.6 mi	
50.1	Turn LEFT (East) onto E Lake Rd	0.3 mi	
50.5	Arrive East Lake Elementary School		

20 WEST FROM COVINGTON GA.

Mile	Instruction	For	Toward
0.0	Depart Covington on SR-36 (West)	0.1 mi	
0.1	Turn LEFT (South) onto SR-81 [S Emory St]	87 yds	
0.2	Turn RIGHT (West) onto SR-81 [Washington St SW]	0.5 mi	
0.7	Bear RIGHT (West) onto Old Brown Bridge Rd SW	0.2 mi	
1.0	Road name changes to Brown Bridge Rd	7.7 mi	
8.7	Turn LEFT to stay on Brown Bridge Rd	1.7 mi	
10.4	Bear LEFT (South) onto SR-20 [Brown Bridge Rd]	5.2 mi	
15.6	Bear RIGHT (West) onto E Lake Rd	3.5 mi	
19.1	Arrive East Lake Elementary School		

Mile	Instruction	For	Toward
0.0	Depart 75 on Ramp (North-West)	0.3 mi	US-278 / Turner Hill Road / GA-124
0.3	Bear LEFT (West) onto Local road(s)	21 yds	
0.3	Turn LEFT (South) onto US-278 [SR-12]	0.1 mi	
0.4	Turn LEFT (East) onto Local road(s)	21 yds	
0.4	Take Ramp onto I-20 [US-278]	1.7 mi	I-20 / US-278 / Augusta
2.1	At exit 78, turn RIGHT onto Ramp	0.2 mi	Sigman Rd
2.3	Keep RIGHT to stay on Ramp	65 yds	Sigman Road South / Iris Drive East
2.3	Bear RIGHT (West) onto Sigman Rd SW, then immediately turn LEFT (South) onto Iris Dr SW	0.6 mi	
2.9	Turn RIGHT (South-West) onto McDaniel Mill Rd SW	3.5 mi	
6.3	Turn RIGHT (South-West) onto Smyrna Rd SW	0.7 mi	
7.1	Turn LEFT (South-East) onto SR-212 [Scott Hwy]	0.4 mi	
7.5	Turn RIGHT (West) onto SR-138 [Stockbridge Hwy]	5.2 mi	
12.7	Turn LEFT (South) onto SR-155	5.7 mi	
18.3	Turn LEFT (East) onto E Lake Rd	0.3 mi	
18.6	Arrive East Lake Elementary School		

85 NORTH

Mile	Instruction	For	Toward
0.0	Depart I-85 on Local road(s) (East)	0.1 mi	
0.1	Turn LEFT (North) onto Creekwood Rd	0.8 mi	
1.0	Turn RIGHT (South) onto Bohannon Rd	0.8 mi	
1.8	Turn LEFT (East) onto Landrum Rd	0.6 mi	
2.4	Bear RIGHT (East) onto Local road(s)	21 yds	
2.4	Turn LEFT (North) onto SR-74 [Senoia Rd]	1.1 mi	
3.5	Take Ramp (RIGHT) onto I-85 [SR-403]	6.9 mi	I-85
10.5	At exit 68, turn RIGHT onto Ramp	0.3 mi	I-285 / Atlanta Bypass
10.8	Take Ramp (RIGHT) onto I-285 [SR-407]	4.5 mi	I-285-BYP / Macon / Augusta
15.3	At exit 58, turn RIGHT onto Ramp	0.8 mi	I-75 / Atlanta / Macon / Tampa
16.1	Keep RIGHT to stay on Ramp	0.2 mi	I-75 / GA-85 / Macon / Tampa
16.2	Take Ramp (LEFT) onto I-75	9.7 mi	I-75 / Macon
26.0	At exit 228, turn RIGHT onto Ramp	0.3 mi	GA-138 / Jonesboro / Stockbridge
26.2	Keep LEFT to stay on Ramp	43 yds	GA-138 / Stockbridge
26.3	Turn LEFT (North-East) onto SR-138 [Stockbridge Hwy]	1.4 mi	
27.6	Turn RIGHT (South) onto US-23 [SR-138]	3.5 mi	
31.2	Keep STRAIGHT onto SR-138 [Stockbridge Hwy]	0.4 mi	
31.6	Keep RIGHT onto Millers Mill Rd	3.4 mi	
35.0	Turn RIGHT (South) onto SR-155	1.6 mi	
36.7	Turn LEFT (East) onto E Lake Rd	0.3 mi	
37.0	Arrive East Lake Elementary School		

85 SOUTH

Mile	Instruction	For	Toward
0.0	Depart I-85 on I-85 N [Northeast Expy NE] (East)	0.7 mi	
0.7	Turn RIGHT (South) onto US-23 [SR-155]	2.1 mi	
2.8	Turn LEFT (East) onto N Druid Hills Rd	2.4 mi	
5.2	Take Ramp (LEFT) onto US-78 [SR-410]	0.7 mi	US-78
5.9	Keep RIGHT onto Ramp	0.2 mi	I-285 / Augusta / Greenville
6.1	Take Ramp (RIGHT) onto I-285 [SR-407]	6.8 mi	I-285 / Augusta / Macon
12.9	At exit 46, turn RIGHT onto Ramp	0.3 mi	I-20 / Abernathy Fwy / Augusta / Atlanta
13.2	Keep LEFT to stay on Ramp	0.3 mi	I-20 / Augusta / Purple Heart Highway
13.5	Take Ramp (LEFT) onto I-20 [SR-402]	1.5 mi	I-20 / Augusta
15.0	At exit 68, turn RIGHT onto Ramp	0.2 mi	Wesley Chapel Rd / Snapfinger Rd
15.2	Keep RIGHT to stay on Ramp	76 yds	
15.2	Bear RIGHT (South) onto Wesley Chapel Rd	0.3 mi	
15.5	Turn LEFT (East) onto Snapfinger Rd	1.8 mi	
17.3	Keep STRAIGHT onto SR-155 [Snapfinger Rd]	13.7 mi	
31.0	Turn LEFT (East) onto E Lake Rd	0.3 mi	
31.4	Arrive East Lake Elementary School		

75 COMING NORTH

Mile	Instruction	For	Toward
0.0	Depart I-75 on Local road(s) (East)	0.1 mi	
0.1	Turn RIGHT (South) onto E Anderson Rd	0.6 mi	
0.8	Turn RIGHT (West) onto Jenkinsburg Rd	0.3 mi	
1.1	Turn LEFT (South) onto Chatto Rd [Wallace Rd]	1.2 mi	
2.4	Turn LEFT (East) onto Jackson Rd	0.9 mi	
3.2	Turn LEFT (East) onto SR-16	0.5 mi	
3.7	Take Ramp (LEFT) onto I-75 [SR-401]	11.3 mi	I-75
15.1	At exit 216, turn RIGHT onto Ramp	0.3 mi	GA-155 / McDonough
15.3	Keep LEFT to stay on Ramp	43 yds	
15.4	Turn LEFT (North-East) onto SR-155	1.5 mi	
16.9	Keep STRAIGHT onto SR-155 [S Cedar St]	1.7 mi	
18.5	Turn LEFT (West) onto SR-155 [John Frank Ward Blvd]	0.2 mi	
18.7	Turn RIGHT (North) onto SR-155 [Sims St]	4.3 mi	
23.0	Turn RIGHT (East) onto E Lake Rd	0.3 mi	
23.3	Arrive East Lake Elementary School		

75 COMING SOUTHBOUND

Mile	Instruction	For	Toward
0.0	Depart I-75 on Local road(s) (South-West)	0.2 mi	
0.2	Turn LEFT (South) onto Marine Dr SE	0.8 mi	
1.0	Turn RIGHT (West) onto Union Grove Church Rd SE	0.8 mi	
1.8	Turn LEFT (South) onto US-41 [SR-3]	4.6 mi	
6.4	Turn LEFT (East) onto SR-140	1.1 mi	
7.6	Take Ramp (RIGHT) onto I-75 [SR-401]	82.8 mi	I-75
90.4	At exit 222, turn RIGHT onto Ramp	0.3 mi	Jodeco Rd / Flippen
90.8	Turn LEFT (East) onto SR-351 [Jodeco Rd]	2.7 mi	
93.4	Turn LEFT (North-West) onto US-23 [SR-42]	0.2 mi	
93.6	Turn RIGHT (East) onto Campground Rd	1.9 mi	
95.5	Turn LEFT (North) onto SR-155	1.2 mi	
96.7	Turn RIGHT (East) onto E Lake Rd	0.3 mi	
97.0	Arrive East Lake Elementary School		

IN CONSIDERATION FOR ACCEPTANCE OF MY ENTRY IN THE AAU CROSS-COUNTRY PROGRAM. I HEREBY FOR MYSELF AND MY TEAM WAIVE RELEASE AND FOREVER DISCHARGE ALL RIGHTS AND CLAIMS FOR DAMAGES WHICH MAY OCCUR TO ME AGAINST GA. AAU, THE HENRY COUNTY SCHOOL SYSTEM, EAST LAKE ELEMENTARY SCHOOL AND TRACK PHI TRACK ELITE, INC. FOR ANY AND ALL DAMAGES, WHICH MAY BE OBTAINED WHILE PARTICIPATING IN THE EVENT.

HOTEL INFORMATION

**MICROTEL INN AND SUITES
610 HWY 155 S McDonough Ga. 30253
678-432-6363**

**COMFORT INN AND SUITES
7325 DAVIDSON PKY STOCKBRIDGE, GA 30281
770-507-7911**

**HAMPTON INN
855 INDUSTRIAL BLVD MCDONOUGH, GA 30253
770-914-0077**

FINE DINING

**CAPTAIN BILLY'S FISH HOUSE
770-389-5430**

**GOLDEN CORRAL
770-389-4830**

**LONGHORN STEAKHOUSE
770-210-3200**

**HUNAN VILLAGE
770-474-1216**

**JOE'S CRAB SHACK
770-472-0024**

YOUTH CROSS COUNTRY OFFICIAL TEAM ENTRY FORM

TEAM CLUB NAME: _____ AAU CLUB NUMBER _____

AAU ASSOCIATION: _____ COACH'S NAME _____

COACH'S ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE NUMBER: _____ WORK _____

FAX: _____ TEAM PLACE AT MEET: _____

MALE: _____ FEMALE: _____

TEAM MEMBERS(ONLY ATHLETES LISTED BELOW MAY COMPETE)	AAU NUMBER
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	

CLUB QUALIFICATION AND ADVANCEMENTS: TOP THREE (3) AAU CERTIFIED TEAMS IN EACH DIVISION MAY ADVANCE FROM THE ASSOCIATION CROSS COUNTRY MEET TO THE NATIONAL MEET. ALL TEAM MEMBERS MUST BE IN THE SAME AGE DIVISION.

ATTACH ALL INDIVIDUAL ATHLETE ENTRY FORMS OF ALL TEAMS MEMBERS TO THE TEAM ENTRY FORM AND SUBMIT WITH FEES.

FOR OFFICIAL USE ONLY

CLUB MEMBERSHIP VERIFIED

