



## **AAU Cross Country National Championship**



Date: 6 December 2025 / Location: Knoxville, TN

AAU National Championship Medals will be awarded to the Top 25 Individual finishers in each age division.

Team trophies will be awarded to the top 3 teams in each age division.

Team Trophies will be Awarded to the Top 3 teams in each age division. (7-8, 9-10, 11-12, 13-14, 15-18)

All American patches will be awarded to the top 8 individuals

- 6 and under run 1K run 1000M
- 7-8 year olds 2 K run 1.25 miles
- 9-10 year olds 3K run 1.75 miles
- 11-12 year olds 3K run 1.75 miles
- 13-14 year olds 4K run 2.5 miles
- 15-18 year olds 5K run 3.1 miles