

NACAC Cross Country Championships 2019



Samantha Shukla at the 2018 edition of the NACAC Cross Country Championships in El Salvador.
Photo Courtesy Athletics NACAC

The **NACAC Cross Country Championships** is an annual regional cross country running competition for athletes representing member nations of the North America, Central America and Caribbean Athletic Association.

The event was inaugurated in 2005 and was held in U.S.A, Jamaica, Trinidad and Tobago, Colombia, Venezuela and El Salvador. The 2019 Edition will be once again held in Trinidad and Tobago, Queens Park Savannah.

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The NAAATT would have hosted this regional Cross Country Championships on four previous occasions: 2010 at Mt. Irvine Bay Golf Course Tobago, 2011 & 2012 at the Queens Park Savannah and then 2014 at the Mt. Irvine Bay Golf Course.

Each country is allowed to enter six (6) athletes per event, with the top four (4) athletes being totaled for team results. Nine countries are confirmed as follows:

BAHAMAS	EL SALVADOR	PUERTO RICO
CANADA	JAMAICA	TRINIDAD & TOBAGO
COSTA RICA	MEXICO	U.S.A

Defending Male Senior Champion team - USA will be aiming to repeat their success with the 2017 individual Male Senior Champion Abbabiya Simbassa aiming to once again cross the finish line at first place.

Age Categories		
Category	Birth Year	Distance
U20 Female (16 – 19 years old)	2000, 2001, 2002 or 2003	6km
U20 Male (16 – 19 years old)	2000, 2001, 2002 or 2003	8km
Senior Male and Female	1999 or before	10km

The Championships will begin at 2pm but there will be a fun run that is open to all interest at 1:30pm and registration for that will commence from 12pm at the event site.

Team TTO		
Men 10K	Women 10k	Support
Iley Bruce - Dovers Athletics Mathew Hagley - TTDF Sherwin Stapleton - Unattached Shirvan Baboolal - RJR Anthony Phillip - RJR Mark London - Zenith Athletics	Tonya Nero - Athletics Central Samantha Shukla - Unattached	Richard Jones - Coach Dawn Washington - Manager

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(L/R) Sherwin Stapelton, Shirvan Baboolal and Mark London competing at the NAAATT National Cross Country Championships 2018. Photo Courtesy Dennis Allen for TTgameplan

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