



# 2016 USATF Mid-Atlantic Association Junior Olympic Cross Country Championships



**November 5, 2016**  
**Belmont Plateau – Philadelphia, PA**

**Packet Pick up: 8:00am**  
**Course Walk: 8:30am**

## SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 and Under	2 km (1.24 miles)	Boys – 10:00 am Girls - 10:15 am
9-10	3 km (1.86 miles)	Boys – 10:30 am Girls – 10:45 am
11-12	3 km (1.86 miles)	Boys – 11:00 am Girls – 11:20 am
13-14	4 km (2.48 miles)	Boys – 11:40 am Girls – 12:00 pm
15-18	5 km (3.1 miles)	Boys – 12:20pm Girls – 12:50pm

**\*\*\*Schedule time is approximate and is subject to change depending on the number of participants. Runners in any age division may be combined. Therefore please arrive giving yourself ample time to warm-up and line up for your race.**

## ELIGIBILITY REQUIREMENTS:

*Individuals:* Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to registration and participation.

*Teams:* Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

Before the start of the Junior Olympic XC Championship all athletes must be age verified. (**Deadline October 25, 2016** documentation must be given to the **membership chair** via e-mail) The following will be accepted as proof of the athlete's age (A clear scanned copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) **This applies for athletes not previously verified.** See Rule 300.1 (h) for further explanation. Birth



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certificates received after the deadline of October 25, 2016 will not be verified in time for the championship so please adhere to deadline or you will not be eligible to complete the online registration or compete in the Cross Country Championship series.

**Membership Chair: Doreen McCoubrie**  
**Address: PO Box 662, Southeastern, PA 19399-0662**  
**For questions, contact at: [membership@midatlantic.usatf.org](mailto:membership@midatlantic.usatf.org)**

**TEAM SCORING:** 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

**COMPETITION BIB NUMBERS:** All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Bib numbers will be available to athletes at registration table during packet pick up. **You must show proof of online registration.**

**EVENT RESULTS:** During competition, event results will be available at **Registration table**. In addition, event results will be posted at [www.mausatf.com](http://www.mausatf.com)

**AWARDS:** USATF Junior Olympic medals will be awarded to the **top Fifteen individuals** in each age division.

**ADVANCEMENTS:** **Top 15 individuals and top 2 teams in each age group will advance to the USATF Region 2 Championships to be held on November 19 Hosted by New Jersey Association.**

2016 XC will be at Belmont Park in Philadelphia on November 5, 2016. Region 2-November 19, 2016, at New Jersey Association; December 10, 2016-National XC@ Birmingham, AL.

***All advancements/entry for the USATF Region 2 Championships must be completed, paid for, and submitted online. Online entries may be submitted by visiting online registration, Athletic.net.*** The National Championships will be held on Saturday, December 10, 2016, at **Birmingham, AL**. The top 30 athletes and top 5 teams at the Region 2 Championships will qualify for the National Championships. Information is available at: [www.usatf.org/events/2016/USATFJuniorOlympicXCChampionships](http://www.usatf.org/events/2016/USATFJuniorOlympicXCChampionships).

#### **ENTRY FEES & DEADLINES:**

**Online entries online: Athletic.net**  
**Individual entries: \$10.00 per athlete**  
**Team entries: no charge**  
**Deadline November 1<sup>st</sup> at 9:00pm ET, NO EXCEPTIONS**

**\*\*NO ATHLETE WILL COMPETE WITHOUT Age Verified and individual USATF MEMBERSHIP (due 10/25/2016, to membership chair) and COMPLETED ONLINE registration by 11/1/2016. NO LATE ENTRIES WILL BE ACCEPTED!**

**\*\*\*Events: must enter all events online at Association Level.**

**\*\*\*Waiver: Must be signed online.**



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**NO DAY OF THE MEET ENTRIES WILL BE ACCEPTED. NO EXCEPTIONS**

**COURSE DESCRIPTION:** The course presents a variety of up and down hill loops. 4k and 5k course runs through wooded area with a grassy, paved, and rocky terrain.



**REGISTRATION TABLE:** Registration area will be set up at the Finish Line (two large metal poles) nearest the entrance labeled "Car Barn"

**DIRECTIONS:** Take Route 76 Schuylkill Expressway to the City Avenue Exit. Follow the City Avenue to Monument Road. Go Left on Monument Road to Belmont Avenue. Go Left on Belmont Avenue to Belmont Mansion Road. Go left on Belmont Mansion Road to Parking Lot entrance on the left.

**PARKING:** Parking at the Car Barn Entrance near the finish line is RESERVED for officials and meet staff only. Please do not park beside the posts or in any proximity to the finish line for this is the REGISTRATION AREA. No Vehicles are permitted on grassy areas. There is ample parking in the lot adjacent to the baseball field.

**VOLUNTEERS:** Parent and coach volunteers are needed. Please email your interest to meet director or volunteer at registration so assignments can be made. Thank you for your ASSISTANCE.

**CONTACT:** Nelson Berrios, Meet Director, [youth@midatlantic.usatf.org](mailto:youth@midatlantic.usatf.org).