



2018 USATF Mid-Atlantic Association Junior Olympic Cross Country Championships

**Saturday November 3, 2018
Belmont Plateau – Philadelphia, PA**

**Packet Pick up: 8:00 a.m.
Coaches Meeting: 8:15 a.m.
Course Walk: 8:30 a.m.**

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 start of Junior Olympic XC Championship (**no later than October 23, 2018**), please ensure that the **membership chair has received** (via e-mail or fax) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) **So Individual Memberships can be Date of Birth Verified if you have not completed in 2018.** See Rule 300.1 (h) for further explanation. No birth certificate received after deadline will be verified in time for the championship so please adhere to deadline or you will not be eligible to complete online registration and compete in XC series.

Membership Chair: Doreen McCoubrie
Fax: 484-320-8878
For questions, contact at: doreencoubs@aol.com



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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

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 24 Hosted by Hershey Blaze Track Club and Mid-Atlantic Association**

2018 Association XC Championship will be held at Belmont Plateau in Philadelphia, Pa on November 3, 2018. Region 2 on November 18, 2018, at Shank Park, Hershey, Pa; National XC - December 8, 2018 Rancho San Rafael Regional Park in Reno, NV.

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 8, 2018, at **Reno NV**. 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/2018/USATFJuniorOlympicXCChampionships.

ENTRY FEES & DEADLINES:

Online entries online: Athletic.net

Individual entries: \$10.00 per athlete

Team entries: no charge

Deadline November 1st at 9:00pm ET, NO EXCEPTIONS

****NO ATHLETE WILL COMPETE WITHOUT Age Verified and individual USATF MEMBERSHIP (due 10/23/2018, to membership chair) and COMPLETED ONLINE registration by 11/1/2018. NO LATE ENTRIES WILL BE ACCEPTED!**

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

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

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



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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, nberriossr@comcast.net