

OHIO JUNIOR OLYMPIC & OHIO USATF M&W CROSS COUNTRY CHAMPIONSHIPS

SATURDAY, NOVEMBER 8th, 2008
BELMONT PARK, DAYTON, OHIO

HOSTED BY: SOUTH DAYTON FLYERS TRACK CLUB

SANCTIONED BY: OHIO ASSOCIATION of USATF

SCHEDULE OF EVENTS

<u>MEN/BOYS</u>	<u>WOMEN/GIRLS</u>
8:00 AM - Course Opens for Inspection	
9:30 am - OPEN & MASTER MEN (5K)	10:00 am - OPEN & MASTER WOMEN (5K)
9:30 am - 5K - Young Men (1990-1991)	10:00 am - 5K - Young Women (1990-1991)
10:45 am - 5K - Intermediate Boys (1992 - 1993)	10:00 am - 5K - Intermediate Girls (1992 - 1993)
11:15 am - 4K - Youth Boys (1994 - 1995)	11:45 am - 4K - Youth Girls (1994 - 1995)
12:15 pm - 3K - Midget Boys (1996 - 1997)	12:45 pm - 3K - Midget Girls (1996 - 1997)
1:15 pm - 3K - Bantam Boys (1998 and up)	1:45 pm - 3K - Bantam Girls (1998 and up)
The year an athlete is born determines the age division in which he/she competes.	
COURSE:	Hilly and somewhat challenging. Athletes may warm up on the course between races. 3/8" Spikes recommended - NO SPIKES ALLOWED INSIDE THE LOHREY RECREATION CENTER
USATF MEMBERSHIP:	USATF membership is required to compete. 2009 memberships (good for 2008 XC) will be available at the race. The fee is \$20.00. Registration forms can also be obtained by SASE to: <i>Ohio Association USATF, P.O. Box 5848, Dayton, Ohio 45405.</i> Or by going on-line to: www.usatf.org .
PROOF OF AGE:	A legible copy of an approved proof-of-age document (Birth Certificate, Passport, or Drivers License) is required. Copy is needed for advancement to the Regional Junior Olympic (JO) Cross Country Championships.
ENTRY FEE and ENTRY FORMS	Registration is \$6.00. Entry closes 1/2 hour prior to the scheduled start time for the race. Open/Masters use entry form below. Youth use advancement form on the next page.
ADVANCEMENT FORM FOR JOs:	The JO Advancement Form (next page) will have to be completed and turned in prior to running in this meet. This form is then sent to the Region 5 Meet Director by the Association Meet Director.
AWARDS:	Medals will be awarded to the first 10 in each Junior Olympic age division. Medals will be given to the top 3 finishers in each age division of open and masters.
TEAMS :	A team shall be comprised of at least 5 but not more than 8 runners from a registered USATF member club. Teams must declare prior to the race. Club memberships (\$45) will be available day of meet at registration.
QUALIFIERS TO JO REGIONALS:	The top 5 teams and the first 25 individuals in each Junior Olympic age division not on any of the five qualifying teams advance to the USATF Region V Cross Country Championships. The Regional Meet will be contested on Saturday, November 15 th , 2008 at Malone College, Canton, Ohio.
QUALIFIERS TO JO NATIONALS:	The top 20 finishers and the first 3 teams in each regional race qualify for the 2008 USATF Junior Olympic Cross Country Championships at Pole Green Park, Mechanicsville, Virginia, on Saturday, December 13th.
OPEN/MASTERS CLUB NATIONALS:	All Open and Master M&W completing the Ohio Cross Country Championships qualify to compete in the USATF Club Nationals on Saturday, December 13 th in Spokane, Washington. Go to www.usatf.org for info.
DIRECTIONS:	From I-70 go south on 675 to Route 35 (then go west on 35 toward Dayton). From I-75 go east on Route 35. Take Smithville Road exit off Route 35 (turn left if coming from I-70 or turn right if coming from I-75). Go 1 mile to Woodbine Road and turn left. Belmont Park is the first right turn (stop sign) on Woodbine Road.
FOOD & T-SHIRTS	Food will be available at the concession stand.
Make checks payable to:	South Dayton Flyers TC
Mail Entries to:	5026 Silver Arrow Dr.
	Dayton, OH 45424
	For more info: <i>Fritz Spielman</i>
	937-235-9436 937-212-9693 (c)
	usatf-ohio@msn.com

I, hereby, for myself, heirs, executors and assigns, waive all claims for damages that may arise against the organizers or sponsors of the Ohio Association Cross Country Championships, the South Dayton Flyers TC, City of Dayton, and their agents or representatives for injuries suffered at this event. I certify that I, or, my minor child - named below, is in good health and sufficiently trained to compete.

Name: _____

Date of Birth: _____ Age: _____

Address: _____

USATF Club: _____

City: _____

State: _____ Zip: _____ (Sex) M ___ F ___

Phone: (____) _____ - _____

Email Address: _____

Signature: _____

USATF #: _____