



2010 USATF Missouri Valley Association Open & Masters Cross Country Championships



Saturday, November 12, 2011
Rim Rock Farm, Lawrence, Kansas

SCHEDULE & AGE DIVISIONS: **TENATIVE SCHEDULE. SCHEDULE MAY CHANGE
DEPENDING ON THE NUMBER OF COMPETITORS THAT REGISTER IN EACH EVENT**

Age Division	Distance	Time
Women's Masters	5km	12:00 p.m.
Women's Open	5 km	12:00 p.m.
Men's Open & Masters	5km	12:00 p.m.
Men Open & Masters	5 km	12:00 p.m.

*****Based on registration numbers it is possible that the Open and Master race could begin up to 30 minutes early. Please be prepared. A determination will be made by 7:30 am on race day. Please confirm at package pickup.**

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 with each entry.

Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be must be affiliated with that club as part of their USATF membership. To enter a team a club must submit the Team Entry/Declaration form. Only athletes listed on the team declaration roster form will be eligible to represent the club at the Association, Regional or the National championships.

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 distributed to athletes during registration. Athletes must wear the bib number assigned to them. If the number is lost or forgotten, a replacement number can be supplied for a charge of \$10 at packet pick-up on the day of the race.

PACKAGE PICKUP: All packet pickup will be done at the course from 7:30-9:30 a.m.

EVENT RESULTS: During competition, event results will be posted. In addition, event results will be posted at (www.usatf.org/assoc/mv).

AWARDS: USATF Medals will be awarded to the top **THREE (3)** individuals in each age division. Awards should be picked up after passage of the protest period. The Protest Period ends one half hour after the results of the competition have been posted.

ENTRY FEES & DEADLINES: ONLINE REGISTRATION ONLY:

http://coachoregistration.com/meet/entry/ks_usatfmva/

On-Time Registration: Online Registration will END November 10, 2011 at 11:59 p.m.

Individual Entries: **\$15.00** per athlete.

Team Entries: **No charge**

Day of Event: No day of race entries.

No team entries will be accepted after the on-line registration deadline.

PAYMENTS: Online Registration payment may be made by credit or credit card



DIRECTIONS:

RIM ROCK FARM
2276 Burnett Lane
Lawrence, KS 66044

1. Start by going NORTH on KS Highway 24/59 (2.8 miles from Turnpike exit 204, 4.1 miles from the bridge)
2. Turn RIGHT onto E 1400 Rd / CR-1045 (0.9 miles)
3. E 1400 Rd / CR-1045 becomes 1045 (1.6 miles)
4. Turn LEFT onto 13th (0.3 miles)
5. Turn RIGHT on Republic Rd (0.5 miles)
6. Republic Rd becomes Republic St (0.6 miles)
7. Turn RIGHT onto Burnett Lane (0.1 miles)

- **Course Rules** 📄
- **5k Rim Rock Farm Map** 📄

PARKING: \$5 per vehicle.

Cross Country Chair: Kelly Harmon; e-mail kellydharmon@sunflower.com
Youth Chair: Forika McDougald, 785-579-6484, email: mvyouth_chair@cox.net
LDR Chair: Andrea Carnegie, 913-6605-719 email: coachc@live.com
Master Chair: Dennis Webber, 785-650-4838 email: dweber@fhsu.edu
President: Kenneth D. Ferguson 816-526-8106, email: fergusonkdf@gmail.com

