



USA TRACK & FIELD™ MISSOURI VALLEY



2008 USATF Missouri Valley Association Junior Olympic Cross Country Championships

**Saturday, November 22, 2008
Rim Rock Farm, Lawrence, KS**

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
Masters	5 km (3.1 miles)	Women : 10:00 a.m. Men 10:00 a.m.
Sub-bantam	3km (1.86 miles)	Girls: 11:00 a.m. Boys: 11:00 a.m.
Bantam (born 1998 and later)	3 km (1.86 miles)	Girls: 11:00 a.m. Boys: 11:00 a.m.
Midget (born 1996 - 1997)	3 km (1.86 miles)	Girls: 11:30 p.m. Boys: 12:00 p.m.
Youth (born 1994-1995)	4 km (2.48 miles)	Girls: 12:30 p.m. Boys: 1:00 p.m.
Intermediate (born 1992-1993)	5 km (3.1 miles)	Girls: 1:30 p.m. Boys: 2:00 p.m.
Young (born 1990-1991)	5 km (3.1 miles)	Girls: 2:30 pm Boys: 3:30 p.m.

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/Advancement & Declaration Roster form. Only athletes listed on the team declaration roster form will be eligible to represent the club at the Association or National championships. At each level of the Junior Olympic program the club must declare at least 5 athletes but not more than 8 as declared scoring team members (specific instructions are on the Team Entry/Advancement & Declaration Roster form).

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.

Packet Pickup: All packet pickup will be done at the course at 9:00 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 Junior Olympic medals will be awarded to the top ten individuals in each age division. Awards should be picked up after the results of the competition have been posted.

ADVANCEMENTS: Top 10 individuals and 1st team in each age group will advance to the USATF National Junior Olympic Championships to be held on **December 13** in **Mechanicsville, Va.**

All advancement/entry forms for the USATF National Championships must be completed, paid for, and submitted (cash or money order only) prior to leaving Lawrence, KS on November 22nd. The National Championships will be held on Saturday, December 13th in Mechanicsville, Va. The top 10 athletes' and 1st team in each age group at the Association Championships will qualify for the National Championships. Information is available at www.usatf.org/events/2008/USATFJuniorOlympicXCChampionships

ENTRY FEES & DEADLINES:

On-line Registration for all youth: Must be received (on-line@ www.usatf.org/assoc/mv) by **November 18, 2008**

Individual Entries: **\$10.00** per athlete. *Team Entries:* No charge (athletes pay individual fee)

Day of Event: No day of race entries.

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

PAYMENTS: Cash, Money Order, or Checks only for **Master runners only.**

Make checks payable & mail to: **MVA-USATF. C/O Ms. Simmons, 631 N. Canyon Dr., Olathe, KS 66061**

DIRECTIONS & Course Map available: www.kuathletics.com

CONTACT: Youth Chair -- Forika McDougald 785-579-6484 e-mail: trackfield_united@yahoo.com

