



# 2009 USATF Missouri Valley Association Junior Olympic Cross Country Championships



Saturday, November 21, 2009  
Rim Rock Farm, Lawrence, Kansas

## SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
Sub-Bantam (2001 or later)*	3 km (1.86 miles)	Girls: 10:30 a.m. Boys: 10:30 a.m.
Bantam (born 1999 and later)	3 km (1.86 miles)	Girls: 10:30 a.m. Boys: 10:30 a.m.
Midget (born 1997- 1998)	3 km (1.86 miles)	Girls: 11:00 a.m. Boys: 11:00 a.m.
Youth (born 1995-1996)	4 km (2.48 miles)	Girls: 11:00 a.m. Boys: 11:00 a.m.
Intermediate (born 1993-1994)	5 km (3.1 miles)	Girls: 11:30 a.m. Boys: 11:30 a.m.
Young (born 1991-1992)	5 km (3.1 miles)	Girls: 11:30 a.m. Boys: 11:30 a.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/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 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](http://www.usatf.org/assoc/mv)..

**AWARDS:** USATF Junior Olympic medals will be awarded to the top ten (10) 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.

**ADVANCEMENTS:** The National Championships will be held on Saturday, December 12<sup>th</sup> at Rancho San Rafael Regional Park in Reno, NV. The top 10 athletes and 1st teams will qualify for the National Championships. *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 21st.* Information for the National Championships is available at: [www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships](http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships)

**ENTRY FEES & DEADLINES:** ONLINE REGISTRATION ONLY: <http://www.usatf.org/assoc/mv/>

**On-Time Registration:** Online Registration will OPEN September 30, 2009 and END November 19, 2009 at 11:59 p.m

Individual Entries: **\$6.00** 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 & Course Map available:** [www.kuathletics.com](http://www.kuathletics.com)

**CONTACT:** Youth Chair: Forika McDougald 785-579-6484; e-mail: [mvyouth\\_chair@cox.net](mailto:mvyouth_chair@cox.net)

Cross Country Chair: Todd Warner 816-413-4100; e-mail [TWARNER@nkcsd.k12.mo.us](mailto:TWARNER@nkcsd.k12.mo.us);

President: Kenneth D. Ferguson; 913-579-8722; [fergusonk@umkc.edu](mailto:fergusonk@umkc.edu)