



2011 USATF Missouri Valley Association Junior Olympic Cross Country Championships



November 12, 2011
Rim Rock Farm– Lawrence, Kansas
(UPDATED 11-3-11)

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time (Add times)
Sub-bantam (born 2003+)	2 km (1.24 miles)	Boys- 10:00 am Girls- 10:00 am
Bantam (born 2001-2002)	3 km (1.86 miles)	Boys – 10:30 am Girls – 10:30 am
Midget (born 1999-2000)	3 km (1.86 miles)	Boys – 10:30 am Girls – 10:30 am
Youth (born 1997–1998)	4 km (2.48 miles)	Boys – 11:00 am Girls – 11:00 am
Intermediate (born 1995–1996)	5 km (3.1 miles)	Boys – 11:30 am Girls – 11:30 am
Young (born 1993-1994)	5 km (3.1 miles)	Boys – 11:30 am Girls – 11:30 am

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.

MEMBERSHIP VERIFICATION: USATF Online Membership Verification Process: Before an athlete can complete online registration, the athlete’s age must be verified. To verify an athlete’s age, the Membership Chair of the Missouri Valley, Ed Thomas, must receive (via email, fax or mail) a copy of the athletes proof of birth (copy of birth certificate, passport, certified baptismal record, drivers license or U.S. Government identification.) See rule 300.1 (h) for further explanation. **In any case proof of age must be received and entered into the national membership database by noon, November 8, 2011.**

An athlete only needs to go through age verification once. If they have already been verified this summer for the Missouri Valley Jr. Olympic Trials or the Jr. Olympic National Championship they will not need to submit again.

Please note that it may take several days after you have submitted the documents to Ed Thomas for the age to be verified. All documents submitted by the deadline Tuesday, November 8 at noon will be completed by Wednesday, November 9 at midnight.

You must obtain your USATF number and verify the member’s age before you will be able to complete online registration on Coach O. To verify the age of an athlete, please write the USATF number on the document (copy of birth certificate, passport, certified baptismal record, drivers license or U.S. Government identification.) and fax to 1-913-273-0791 or email to edwardt43@gmail.com or mail to 7001 W 79th Overland Park, Ks 66204. Any questions about Age Verification should be directed to Ed Thomas, edwardt43@gmail.com or 816-304-8064.

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 packet pickup. Packet pickup is at Rim Rock 7:30 a.m. until 9:30 a.m.

EVENT RESULTS: During competition, event results will be posted on the board opposite of the award stand. In addition, event results will be posted at <http://www.usatf.org/assoc/mv/>

AWARDS: USATF Junior Olympic medals will be awarded to the top ten individuals in each age division.

ADVANCEMENTS: Top **10** individuals and top **3** teams in each age group will advance to the USATF Junior Olympics National Cross Country Championships to be held on December 10, 2011 in Myrtle Beach, South Carolina.

All advancements/entry for the USATF Missouri Valley Association Championships must be completed, paid for, and submitted online. Online entries may be submitted by visiting

http://usatfregistration.com/meet/entry/ks_usaxcyouth28/. The National Championships will be held on Saturday, December 10th at Whispering Pines Golf Course in Myrtle Beach, South Carolina. The top 10 athletes and 3 teams at the Missouri Valley Association Championships will qualify for the National Championships. Information is available at: www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by November 10, 2011 at 11:59

ONLY ONLINE ENTRIES WILL BE ACCEPTED. Please visit

http://usatfregistration.com/meet/entry/ks_usaxcyouth28/ to enter

Individual Entries: **\$8.00** per athlete.

Team Entries: **No charge**

PAYMENTS: The online entry system accepts VISA and electronic checks only.

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)

• **2K Course Rules (soon to come)**

• **3K Course Rules**

• **5k Rim Rock Farm Map** 

• **4k Rim Rock Farm Map** 

PARKING: \$5 per vehicle.

CONTACT:

Cross Country Chair: Kelly Harmon; e-mail kellydharmon@sunflower.com

Youth Chair: Forika McDougald 785-579-6484, email mvyouth_chair@cox.net

President: Kenneth D. Ferguson 816-522-1806, email fergusonkdf@gmail.com

