

REGION V

USATF JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 17th, 2007
Clark State Community College
Springfield, Ohio

HOSTED BY: MIAMI VALLEY TRACK CLUB

SANCTIONED BY: OHIO ASSOCIATION of USATF

SCHEDULE OF EVENTS

BOYS	GIRLS
9:30 am - 3K - Bantam Boys (1997, 1998 & up)	10:00 am - 3K - Bantam Girls (1997, 1998 & up)
10:30 am - 3K - Midget Boys (1995 - 1996)	11:00 am - 3K - Midget Girls (1995 - 1996)
11:30 am - 4K - Youth Boys (1993 - 1994)	12 noon - 4K - Youth Girls (1993 - 1994)
12:30 pm - 5K - Intermediate Boys (1991 - 1992)	1:00 pm - 5K - Intermediate Girls (1991 - 1992)
1:30 pm - 5K - Young Men (1989 - 1990)	2:00 pm - 5K - Young Women (1989 - 1990)
The year an athlete is born determines the age division in which he/she competes	

SPIKES:	3/8" Spikes recommended - NO SPIKES ALLOWED IN THE GYM!		
QUALIFYING TO REGIONALS:	The top 5 teams and the first 25 individuals not on any of the five qualifying teams advance to the USATF Region V Cross Country Championships from each Association meet.		
QUALIFIERS TO NATIONALS:	The top 20 finishers overall and the first 3 teams in each race qualify for the 2007 USATF Junior Olympic Cross Country Championships, Rim Rock Farm, Lawrence, Kansas, on Sat. December 8th.		
DIRECTIONS TO REGION V MEET:	Take I-70 to Exit #54 in Springfield. Take State Route #72 (Limestone St.) north one block to Leffel Lane. Turn right onto Leffel Lane. Go east 1 mile to the Clark State College campus entrance. Turn left and follow signs to gym. Please Park on the North side of the Gym.		
ENTRY FEE:	\$7.00 per athlete. All entries must be turned into the meet director at the association championships. NO PHONE ENTRIES WILL BE ACCEPTED.		
USATF MEMBERSHIP:	USATF membership is required to compete. 2008 memberships (good for 2007 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>		
PROOF OF AGE:	A legible copy of an approved proof-of-age document (Birth Certificate, Passport, or Drivers License) is required to compete and should be attached to the individual entry form. NOTE: In those associations where the entry form are marked with the proof-of-age-verified stamp then it is not necessary to attach a copy of a birthcertificate, etc. to the entry form.		
AWARDS:	Medals will be awarded to the first 15 in each race. A Team Championship awards will be presented to the top team in each race. Team awards may be picked up after results are posted.		
TEAMS :	A team shall be comprised of at least 5 but not more than 8 runners from an Association member club. All individual entry forms for athletes competing for that club should be attached to the team entry form with proof of age. All athletes must be listed on the club roster. Any substitutions must be declared at the registration table at least 1 hour before the race. Be sure to have USATF # and Proof of age when making substitution. \$7 entry fee for substitutes from rooster can be paid at time of substitution.		
PACKET PICK-UP:	Team and individual packets may be picked up at the table for your association. Packet pickup - Clark State College Gym, Saturday from 8:30am to noon.		
COURSE:	Mostly grass with some wood chip trails and two asphalt road crossings. Long down hills and short steep uphill. Athletes will be able to review the course from 8:30am till 9:15am on Saturday.		
LODGING:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Local Hotel Comfort Inn & Suites (937) 322-0707 121 Raydo Circle (Left on Leffel Lane from Limestone) </td> <td style="width: 50%; border: none;"> Ramada Limited - 1-800-2-RAMADA Super 8 - (937) 324-5501 Holiday Inn - Holidome (937) 323-8631 Red Roof Inn (937) 325-5356 </td> </tr> </table>	Local Hotel Comfort Inn & Suites (937) 322-0707 121 Raydo Circle (Left on Leffel Lane from Limestone)	Ramada Limited - 1-800-2-RAMADA Super 8 - (937) 324-5501 Holiday Inn - Holidome (937) 323-8631 Red Roof Inn (937) 325-5356
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FOOD & T-SHIRTS	Food will be available at the concession stand in the Gym lobby. Colorful souvenir T-Shirts will be available at registration tables.		
MEET DIRECTOR: Vince Peters (937) 767-7424 (8pm-10pm - Weeknights) email address: mv_tc@sbcglobal.net Web site: http://www.MiamiValleyTrackClub.org			