

2009 USATF Three Rivers Association Junior Olympic Cross Country Championships



**Sunday, November 8, 2009 - Hempfield Park
Course Walk – 9:00am First Race 10:00am**



SCHEDULE & AGE DIVISIONS

Age Division	Distance
Sub-Bantam (born 2001 & later)	2km (1.25miles)
Bantam (born 1999 - 2000)	3 km (1.86 miles)
Midget (born 1997 – 1998)	3 km (1.86 miles)
Youth (born 1995 – 1996)	4 km (2.48 miles)
Intermediate (born 1993 –1994)	5 km (3.1 miles)
Young (born 1991 -1992)	5 km (3.1 miles)

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 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 Sunday November 9 beginning at 7:30am

EVENT RESULTS: During competition, event results will be posted at Hempfield Park. Final event results will be posted at www.usatf-threerivers.org

AWARDS: USATF Junior Olympic medals to top twenty individuals in each age division.

ADVANCEMENTS: Top 25 individuals and top 4 teams in each age group will advance to the USATF Region 2 Championships to be held on November 22 at Deer Path Park, Readington, NJ

All advancement/entry forms for the USATF Region 2 Championships must be completed, paid for, and submitted (cash or money order only) prior to leaving Hempfield Park on November 8th.

High School athletes that competed in the PA State High School Championship may be waived directly into the Region 2 Meet.

(Entry form and fee for these athletes must be received by Monday November 9th.)

The National Championships will be held on Saturday, December 12th at Rancho San Rafael, Reno, NV
The top 20 athletes and 3 teams at the Region 2 Championships will qualify for the National Championships.

Information is available at <http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships>

ENTRY FEES: Individual Entries: \$6.00 per athlete Team Entries: No charge

DEADLINES: Register Online at www.usatf-threerivers.org (2009 USATF # and membership password required)
Day of Event Registration - 8:30 am to 9:00am

USATF Membership Required: Register online for USATF Membership

PAYMENTS: Cash, Money Order Only (payable to USATF Three Rivers)

DIRECTIONS & PARKING:

Directions: From 22: Take Pa Turnpike 66-(exact coin needed \$.50) Exit 9 (Greensburg/Harrison City Exit) at end of Exit make left, go approx. .7 mile, make left onto Old Route 66, make right onto Forbes Trail Road, follow approx. .5 mile to park entrance on right.

From I-70 East: Take Toll Road 66 North towards Delmont, take Exit 9 (Greensburg/Harrison City Exit) at end of exit make right, follow directions above.

From 376 East: Take Pa turnpike to exit 75 (New Stanton) follow directions from I-70 East.



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