

NATIONAL MASTER'S 5K X-C CHAMPIONSHIP

Sunday, November 24, 2002

Plus **Holmdel Park - Holmdel, New Jersey**

Alumni Open 5km Cross Country Shootout

For more information on these events visit www.usatfnj.org

Meet Schedule:

10:00am... Women 40 & Over
 10:45am... Men 50-59
 11:20am... Men 40-49
 11:55pm... Men 60 & Over
 12:40pm... *Holmdel Park Alumni Open 5km Shootout*

Eligibility:

All men and women 40 years or older on race day are eligible to compete in the Championship races. Race director may require proof of age.

USATF membership is required. Membership is also required for the non-championship open race.

Foreign athletes may participate as individuals (not on a team) and are eligible for (non-USATF) commemorative awards.

Resident aliens (green card holders) are eligible for individual and team competition and may win USATF awards.

Age Divisions/Awards:

The top 5 athletes in each 5 year age group will receive National Championships medals.

Team Entries:

Only USATF Association clubs are eligible to compete for team titles. Association or National Teams are not allowed under USATF Masters rules.

Team entries must be submitted (mailed) together. Add-ins and scratches are allowed up until race day.

Proof of team (club) membership is required in the form of a USATF club certificate or a letter from the local USATF association. Please mail this documentation with team entries.

The following will constitute teams:

Men 40-49 & 50-59 - 5 score, declare upto 8
 Men 60-69, Men 70+ - 3 score, declare upto 5
 All women's teams — 3 score, declare upto 5

Team Prize Money & Awards:

Gold, Silver and Bronze medals will be awarded to all declared athletes on 1st, 2nd and 3rd place teams. \$2700 in team prize money will be available as follows:

Men	1st	2nd	3rd	Women	1st	2nd
M40-49	\$400	\$200	\$100	W40-49	\$200	\$100
M50-59	\$400	\$200	\$100	W50-59	\$200	\$100
M60-69	\$200	\$100		W60-69	\$200	
M70-79	\$200					

Entry Fees: Masters National Championships: (no day of race entry)

Pre-entry: (received by November 14th): \$20.00
 (include a SASE and Bib # and information will be mailed back)

Register online at www.compuscore.com

Late Registration: (on 11/23) at Holiday Inn \$30.00

Long Sleeve Championship T-Shirt and Pre-Event Buffet Dinner available for \$12.95/pp at hotel.

Open 5km Cross Country Shootout: (no day of race entry)

Pre-entry: (postmarked by November 14th): \$10.00

(include a SASE and Bib # and information will be mailed back)

Late Registration: (on 11/23) at Holiday Inn: \$15.00
T-shirts not available for this event

Lodging:

Mention "USATF Masters XC" when calling any of the below:

Holiday Inn (Tinton Falls) 732-544-9300 (Meet Headquarters)

Red Roof Inn (Tinton Falls) 800-843-7663

Must call prior to 11/10 to ensure discounted rates.

Holmdel Park Alumni Open Cross Country Shootout Info: provides post-collegiate and collegiate athletes the opportunity to compete on the infamous Holmdel Cross Country course for the first time since their High School days. Just how good are Jason DiJoesepp's (15:16) and Janet Smith's (17:35) course records. For the first time non high school runners will be given the opportunity to see for themselves. **Alumni Team Competition:** top 3 (from the same High School) to score... male and female divisions.

Make Checks Payable to: USATF-NJ & Mail to: USATF Masters XC, PO Box 10120, New Brunswick, NJ 08906

May be photocopied

INDIVIDUAL REGISTRATION FORM

One form/person

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Age (on Race Day): _____ Date of Birth: _____ Male _____ Female _____

**02 or *03 USATF #: _____ Phone: _____

*Required to compete call 732-296-0006 to receive an application or register online at www.usatfnj.org

Team Affiliation: _____

- 1) Only fill this in if you are representing a team at this event
- 2) Reminder: All team applications should be received as a package.
- 3) Athletes in Open 5km Cross Country Shootout indicate the High School you graduated from.

Team Age Division: _____

Team Captain: _____ Team Captain's Phone: _____

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against race officials, Holmdel Park, USATF-NJ, volunteers, sponsors and any representatives for any and all injuries by me in this event.

(Signature) _____

(Date) _____

Masters XC Championships	Open 5km Cross Country Shootout
\$ _____ Pre-Entry (\$20)	\$ _____ Pre-Entry (\$10)
\$ _____ Late Registration (\$30)	\$ _____ Late Registration (\$15)
\$ _____ Long Sleeve T-Shirt (\$12)	\$ _____
<i>Shirts sold at the event will be \$15.</i>	Total Enclosed
Size(Circle) S M L XL	
\$ _____	
Total Enclosed	