



2009 USATF **Mid-Atlantic** Association Junior Olympic Cross Country Championships



**Saturday, November 7, 2009
Belmont Plateau – Philadelphia, PA**

SCHEDULE & AGE DIVISIONS:

Packet Pick up 8:00am

Course Walk:8:30am

Age Division	Distance	Time (Add times)
SubBantam (2001 or later)	2km (1.24 miles)	Boys – 10:00 am Girls - 10:15 am
Bantam (born 1999 and 2000)	3 km (1.86 miles)	Boys – 10:30 am Girls – 10:45 am
Midget (born 1997- 1998)	3 km (1.86 miles)	Boys – 11:00 am Girls – 11:20 am
Youth (born 1995–1996)	4 km (2.48 miles)	Boys – 11:40 am Girls – 12:00 pm
Intermediate (born 1993–1994)	5 km (3.1 miles)	Boys – 12:20pm Girls – 12:50pm
Young (born 1991-1992)	5 km (3.1 miles)	Boys – 12:20pm Girls – 12:50pm

*****Schedule time is approximate and is subject to change depending on the number of participants. Runners in any age division may be combined. Therefore please arrive giving yourself ample time to warm-up and line up for your race.**

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 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.

Paper individual and team entry forms along with proof of age must be completed and turned in at registration/packet pick up

ENTRY FEES & DEADLINES:

Online entries only at www.mausatf.org (under Youth Athletics Section)

Individual entries: \$7 per athlete

Team entries: no charge

Deadline November 3rd at midnight.

[NO DAY OF THE MEET ENTRIES WILL BE ACCEPTED. NO EXCEPTIONS](#)

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 available to athletes at registration table during packet pick up.

EVENT RESULTS: During competition, event results will be available at **Registration table**. In addition, event results will be posted at www.mausatf.org

AWARDS: USATF Junior Olympic medals will be awarded to the **top ten 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 22nd in Flemington, New Jersey (http://www.usatfnj.org/youth/Region2JOXCChampionshipsPassport_2009_v2-0.pdf - for passport information).

HIGH SCHOOL STUDENTS: Those athletes participating in the Pennsylvania State Championship on November 7th may advance to the Region 2 championships if advancement paperwork and payment is received by November 3rd

All advancement/entry forms for the USATF Region 2 Championships must be completed, paid for, and submitted (cash only) prior to leaving Philadelphia, PA on November 7th. The National Championships will be held on Saturday, December 12th at Rancho San Rafael Regional Park in Reno, NV. The top 20 athletes and 3 teams at the Region 2 Championships will qualify for the National Championships. Information is available at: www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships

COURSE DESCRIPTION: The course presents a variety of up and down hill loops. 4k and 5k course runs through wooded area with a both grassy, paved, and rocky terrain.

REGISTRATION TABLE: Registration area will be set up at the Finish Line (two large medal poles) nearest the entrance labeled "Car Barn"

DIRECTIONS: Take Route 76 Schuylkill Expressway to the City Avenue Exit. Follow the City Avenue to Monument Road. Go Left on Monument Road to Belmont Avenue. Go Left on Belmont Avenue to Belmont Mansion Road. Go left on Belmont Mansion Road to Parking Lot entrance on the left.

PARKING: Parking at the Car Barn Entrance near the finish line is RESERVED for officials and meet staff only. Please do not park beside the posts or in any proximity to the finish line for this is the REGISTRATION AREA. No Vehicles are permitted on grassy areas. There is ample parking in the lot adjacent to the baseball field.

VOLUNTEERS: Parent and coach volunteers are needed. Please email you interest or volunteer at registration so assignments can be made. Thank you for your ASSISTANCE.

CONTACT: Celeste Battle, Meet Director cebattle@msn.com