

Rules of the Series

1) Participants in the XC Race Series must complete the respective forms for each race they compete in. Race entries that prove unreadable or contain missing info [age/gender] shall be considered void for purpose of the XC Series.

2) Individuals must be registered as a 2011 USATF Mid Atlantic athlete before their performance from any race is scored. A USATF rep will be present at each race for membership sign up opportunity and to answer questions. USATF membership must be approved before scoring is official.

3) Each of the races in the series retain the right to manage entries, to offer prize money, and present it's own award categories. The USATF XC Series scoring will be completed "after the fact" by using the official race results. The XC Series scoring summary will be posted on the USATF Mid Atlantic website and visible at each race that is part of the XC Series.

4) The XC Series is open to all USATF Mid Atlantic club and unattached runners.

www.mausatf.org

Scoring and Awards

1) The Masters Age Graded tables developed by World Master Athletics (WMA) will be used to score results from each race. Each finisher's time will be divided into the standard for his/her age/gender. This calculation will produce a percentage performance score for each race. Using the WMA % will enable competitive scoring among all of the age groups in determining the XC Series standings.

2) WMA will be calculated after each of the races of the Series with the awards and overall placing determined by each runner's total score at the end of the series. There are no team awards for the 2011 XC Series. There will be separate gender scoring for the awards. Overall placing is determined by the athletes total handicap score of 5 races of the 6 races in the XC Series.

OVERALL AWARDS (Men and Women)
USATF Merchandise will be given to the top 7 places in the Men and Women categories with the recipients recognized at the Annual Awards Luncheon.



2011 CROSS COUNTRY SERIES

USATF Mid Atlantic Association
P.O. Box 662
Southeastern, Pa 19399
Contact

Dave Thomas /Bill Kampf
thomasd611@yahoo/215-487-0770
kampfb@yahoo.com/215-962-4066

**USATF
Mid Atlantic
Cross Country Series
2011**

Mid Atlantic USATF 2011 Cross Country Series

USATF Mid Atlantic will support the 2011 Cross Country Series. The XC Race Series has been created to enhance the quality of cross country and promoted competition in a series format. The Masters Age-Graded tables developed by World Master Athletics Athletics (WMA) will be used to score results in each race. Each finisher's time will be divided into the standard for her/his age and gender; this calculation will produce a percentage which will be used to rank performances in the series.

In its 3rd season, the XC Series will offer competition and awards to individual USATF runners but we encourage promoting club spirit in each race. The XC races used in the series are USATF Mid Atlantic Sanctioned events, ensuring the competitors the highest standard of meet management.

Waiver: USATF-MA, its officers, members, and any or all sponsors of this XC series disclaim any responsibility or liability of injury, loss or damages arising from your participation. You assume full responsibility for being a physically fit and trained athlete. Further, your participation in this series testifies to your permission for free use by USATF-MA, series sponsors, the use of your image for any promotion associated with this race series.

DATE	EVENT	LOCATION	CONTACT/DETAILS
AUGUST 9 TUES 7pm	WEST CHESTER XC RACES 5,000 METERS	Oakbourne Park 975 WESTTOWN Rd WESTTOWN, PA 19382	ALEX PROCTOR 610-647-4400(x3155) WWW.RUNCCRS.COM
SEPT. 10 SAT 9AM	**CHESTNUT Hill School XC WWW.WANDERERSRUNNINGCLUB.ORG 3 Miles	CHESTNUT Hill School 500 Willow Grove Phila, PA 19118	PAUL HINES 215-487-2934
SEPT. 10 SAT 10 AM	** QUAD X CROSS COUNTRY Open 5,000 METERS	BELMONT PLATEAU BELMONT & MONTGOMERY Phila, PA 19131	Bob Schwelm 610-527-5510 WWW.BRYNMAWRUNNING.COM
OCT 8 SAT	SAINT CLAIR MEMORIAL XC WOMEN 6,000M (12:00 pm) MEN 5 Miles (1:00 pm)	BELMONT PLATEAU BELMONT & MONTGOMERY Phila, PA 19131	DAVE THOMAS 215-487-0770 WWW.FASTCATSPORTS.COM
OCT 22 SAT 1pm	Phila Catholic League Open 5,000 METERS	BELMONT PLATEAU BELMONT & MONTGOMERY Phila, PA 19131	DAVE THOMAS 215-487-0770 WWW.FASTCATSPORTS.COM
Nov 26 SAT 11AM	# Delaware Open XC Championship 5,000 METERS # 2011 USATF Assoc. Championship	BRANDYWINE CREEK PARK WILMINGTON, DE WWW.DELAWARERUNNINGCLUB.COM	Jim Walsh 301-892-2829

**** IN THE SERIES, EACH ATHLETE HAS THE CHOICE OF EITHER RUNNING THE CHESTNUT HILL OR QUAD X. RUNNERS WILL BE SCORED IN A MAXIMUM OF 5 RACES IN THE SERIES.**