

## RULES OF THE SERIES

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.

Individuals must be registered as a 2014 USATF Mid-Atlantic athlete before their performance in any race is scored. A USATF Mid-Atlantic rep will be present at each race for membership sign up opportunity and to answer questions. USATF Mid-Atlantic membership must be approved before scoring is official.

Each of the races in the series retain the right to manage entries, offer prize money and present their own award categories. The USATF XC Series scoring will be completed after each race by using official race results. Once scoring is determined, the XC scoring summary will be posted on the USATF Mid-Atlantic website after each race and at the completion of the Series.

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

[WWW.MAUSATF.ORG](http://WWW.MAUSATF.ORG)

The Masters Age Graded tables developed by the World Masters 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 percentage will enable competitive scoring among all of the age groups in determining the XC Series standings.

WMA will be calculated after each race of the XC series with the awards and the overall placing determined by each runner's total score and the end of the XC series. There is no team scoring for the XC Series. There will be separate gender scoring for the awards. Overall placing of the XC Series will be determined by the total sum of the athlete's WMA scores. A maximum of 5 races will be used for the final total score. If an athlete runs in all 6 races in the series, the top 5 scores will be used for their total scoring for the series.

**OVERALL AWARDS FOR THE XC SERIES**  
USATF merchandise will be given to the top 7 places in both the men's and women's categories. The awards will be distributed to the runners at the annual USATF Mid-Atlantic awards lunch. A runner must have scored in at least 4 of the races to be eligible for an award.



# 2014 CROSS COUNTRY SERIES



## USATF Mid-Atlantic Cross Country Series 2014

USATF Mid-Atlantic will support the 2014 Fall Cross Country Series. The XC race Series has been created to enhance the quality of cross country and promote competition in a 6 Race Series format. The Masters Age-Graded tables developed by the World Masters Athletics (WMA) will be used to score results in each race. By using the WMA scoring and age-graded handicap charts, competition will be able to occur among age groups for each race and the Series.

This will be the XC Series sixth season. Unlike the Grand Prix and Off-Road Series, the XC series does not offer a TEAM competition, the USATF Mid-Atlantic encourages each individual to experience the individual competition and accomplishment for each race in this series. The six races that are part of the XC series are USATF Mid-Atlantic

Sanctioned events, ensuring the competition the highest standard of meet management.

WAIVER: USATF Mid-Atlantic, it's officers, members, and any or all of their sponsors of the XC Series disclaim any responsibility or liability of injury, loss or damages arising from your participation. By competing in the 2014 XC Series, you will assume full responsibility for being physically fit and a trained athletes for each race. Further, your participation in this series testifies to your permission for free use by USATF Mid-Atlantic, series sponsors, the use of your image for any promotion associated with this race series.

### Cross Country Series Top 3 M/W 2013

Bob Rimkis (52 yr) GPTC 401.143  
David O'Connell (46 yr) Phil M 350.411  
Bruce Gilbert (78 yr) Phil M 316.924

Mary Swan (51 yr) Athena 244.603  
Elizabeth Stewart (50) Athena 225.896  
Diane McManus (62) GPTC 222.225

### USATF Mid-Atlantic Cross Country Series

#### Race #1 QUAD X Cross Country Open

Date: Saturday, September 6 (10 am Start)  
Place: Belmont Plateau  
(Belmont Mansion & Montgomery Drive,  
Philadelphia, Pa 19131)  
Distance: 5,000 Meters  
Contact/Web Info: [www.brynmawrrunningco.com](http://www.brynmawrrunningco.com)  
Ryan Walsh (Race Dir) 610-527-5510

#### Race #2 Jack Saint Clair Memorial XC Race

Date: October 11 (Women: 12:15/ Men: 1pm)  
Place: Belmont Plateau (See above)  
Distance: Women (6,000 meter) Men (8,000 meter)  
Contact/Web [www.gopacsports.com](http://www.gopacsports.com)

Dave Thomas (Race Dir) 215-487 0770  
[thomasd611@yahoo.com](mailto:thomasd611@yahoo.com)

#### Race #3 Philadelphia Catholic League Open

Date: Saturday, October 18 (12:45 pm start)  
Place: Belmont Plateau (See above)  
Distance: 5,000 meters  
Contact/web: [www.gopacsports.com](http://www.gopacsports.com)  
Dave Thomas (Race Dir) [thomasd611@yahoo.com](mailto:thomasd611@yahoo.com)

#### Race #4 Green Ribbon Trail Race

Date: Saturday, November 1 (9:00 am Start)  
Place: Upper Gwynedd Twp Park Parkside Place  
North Wales, 19454  
Distance: 5 Miles  
Contact/web:[www.wvwa.org/trailrace](http://www.wvwa.org/trailrace)  
Tom Jennings (Race organizer):

#### Race #5 Delaware Open XC Championship

Date: Saturday, November 29 (10:30 am start  
For the Women /11:00 M Open/ 11:30 M Master)  
Place: Brandywine Creek Park, Wilmington, De 19807  
Distance: 5,000 meters all 3 races  
Contact/web: [www.delawarerunningclub.com](http://www.delawarerunningclub.com)

#### #6 USATF National Club Cross Country Championship

Date: Saturday, December 13, 2014  
Place: Lehigh University (Goodman Campus XC Course)  
Bethlehem, Pa 18015  
Distance: Master W (6k)- 10:30 am Men (10k)-11:30  
Open W (6k)- 12:45 Open Men (10k)-1:30pm  
Website:[www.maustf.org/2014ClubXC](http://www.maustf.org/2014ClubXC)  
Questions: [clubxc@gmail.com](mailto:clubxc@gmail.com)

Scoring update & results after each race can be found on:

**WWW.MAUSATF.ORG**