



# USA Track & Field - New England Junior Olympic Cross Country Championships

Sunday, November 16, 2003  
Freestyle Farm, Amherst, New Hampshire

## Schedule of Events

|            |            |                                       |
|------------|------------|---------------------------------------|
| 10:30 a.m. | 3000 meter | Bantam Girls                          |
| 11:00 a.m. | 3000 meter | Bantam Boys                           |
| 11:30 a.m. | 3000 meter | Midget Girls                          |
| 12:00 noon | 3000 meter | Midget Boys                           |
| 12:30 p.m. | 4000 meter | Youth Girls                           |
| 1:00 p.m.  | 4000 meter | Youth Boys                            |
| 1:30 p.m.  | 5000 meter | Intermediate Boys                     |
| 2:00 p.m.  | 5000 meter | Young Men                             |
| 2:30 p.m.  | 5000 meter | Intermediate Girls<br>and Young Women |

Course walks will be on Sunday, Nov. 16 at:

|          |                            |
|----------|----------------------------|
| 9:30 am  | 3000 meter course          |
| 11:00 am | 4000 and 5000 meter course |

## Entry Procedures and Entry Fees

Complete all information on the entry form and send with fee to:

New England JO XC Championships  
USATF-New England  
PO Box 1905  
Brookline, MA 02446  
Make checks payable to:  
**USATF - New England**

The waiver and Assumption of Risk on entry form for athletes under age 18 must be signed by parent, guardian, or coach. Unsigned forms will be rejected.

### Entry Fees:

\$4.00 if received by November 10<sup>th</sup>  
\$5.00 if received November 11<sup>th</sup> through race day

**We strongly encourage pre-registration!**

### USATF Membership

All participants are required to have a 2003 or 2004 USATF membership. 2004 membership (valid through

**For more Junior Olympic info please see:**

[www.usatfne.org/jo](http://www.usatfne.org/jo)

AND the host club's website with maps & directions

[www.eteamz.com/amhersttrack](http://www.eteamz.com/amhersttrack)

Dec. 31, 2004) may be obtained after Nov. 1 or at the meet. Membership fee is \$15 for athletes 18 and under.

### Eligibility

Participation is limited to US Citizens, resident aliens, and foreign exchange students.

### Age Divisions

|                           |                   |
|---------------------------|-------------------|
| Bantam Boys and Girls     | born 1993 & later |
| Midget Boys and Girls     | born 1991 & 1992  |
| Youth Boys and Girls      | born 1989 & 1990  |
| Intermediate Boys & Girls | born 1987 & 1988  |
| Young Men & Women         | born 1985 & 1986  |

### Awards

Medals to the top ten finishers in each race.

### Region I Junior Olympic Championships

Van Cortlandt Park, Bronx NY November 23, 2003  
Region 1 consists of the following associations: Adirondack, Connecticut, Long Island, Maine, Metropolitan, New England

**The top 3 teams and other individuals in the top 25** at the New England meet qualify to advance to the Region 1 meet. If a team in the top three or an individual in the top 25 does not choose to advance, others *do not move up!*

With approval of the youth chairman, athletes who competing in a high school meet on November 15<sup>th</sup> may be allowed to advance to the Region 1 meet.  
Contact [youthchair@comcast.net](mailto:youthchair@comcast.net)

### Region 1 Entry Information

Registration for the Region 1 meet must be completed on-site at the New England Championship meet.

**Athletes qualifying for and entering the Region 1 meet must submit the following on November 16<sup>th</sup>:**

A completed Region 1 entry form with entry of \$5.00 per athlete.

1. Proof of age, if not already verified, bring a non-returnable copy of birth certificate, baptismal record, driver's license or passport.

### USATF National Junior Olympic Cross Country Championships

Albuquerque, New Mexico  
December 13, 2003

The top three (3) and other individuals in the top 20 in the Region I meet qualify to advance to the National JO Championships.

[www.usatf.org/assoc/nm/nationals2003](http://www.usatf.org/assoc/nm/nationals2003)

Thanks to Freestyle Farm and the Amherst Track Club.  
Questions? (617) 566-7600, [office@usatfne.org](mailto:office@usatfne.org)



# Multi Level Entry Form

## 2003 USA Track & Field Junior Olympic Cross Country Championships

Please print

Last Name \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Full USATF Club Name \_\_\_\_\_

USATF Association \_\_\_\_\_ USATF Region \_\_\_\_\_

2003 USATF Memb. No. \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_ (Required)

**AGE DIVISION**

Sex:  Male  Female

Bantam (Born 1993 and later)

Midget (Born 1991 - 1992)

Youth (Born 1989 - 1990)

Intermediate (Born 1987 - 1988)

Young M/W (Born 1985 - 1986)

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**BIRTH DATE VERIFIED\*\***

### Association Championships (circle event you will compete in at New Hampshire)

S  
E  
C  
1

NAME

|                          |                                   |
|--------------------------|-----------------------------------|
| 3000 meters _____ Bantam | 5000 meters _____ Intermediate    |
| 3000 meters _____ Midget | 5000 meters _____ Young Men/Women |
| 4000 meters _____ Youth  |                                   |

### Regional Championships

S  
E  
C  
2

| Event        | Time  | Place        | Event        | Time  | Place              |
|--------------|-------|--------------|--------------|-------|--------------------|
| 3000 m _____ | _____ | _____ Bantam | 5000 m _____ | _____ | _____ Intermediate |
| 3000 m _____ | _____ | _____ Midget | 5000 m _____ | _____ | _____ Young M/W    |
| 4000 m _____ | _____ | _____ Youth  |              |       |                    |

### National Championships

**Lovelace New Mexico Soccer Tournament Complex, Albuquerque, NM, December 13, 2003**

S  
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3

Entry Fees **\$6.00 Per Event**

| Event        | Time  | Place        | Event        | Time  | Place              |
|--------------|-------|--------------|--------------|-------|--------------------|
| 3000 m _____ | _____ | _____ Bantam | 5000 m _____ | _____ | _____ Intermediate |
| 3000 m _____ | _____ | _____ Midget | 5000 m _____ | _____ | _____ Young M/W    |
| 4000 m _____ | _____ | _____ Youth  |              |       |                    |

**Athlete's Release:** In consideration of your acceptance of my entry into the USA Track & Field Junior Olympic Cross Country Championships, I voluntarily agree to participate in the 2003 USA Track & Field Junior Olympics Cross Country Championships and knowingly assume any and all risk of loss, damage, property loss, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the USA Track & Field Junior Olympic Cross Country Championships, from any cause whatsoever. I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the local USATF Association and the owner or lessee of any facility in which the USA Track & Field Junior Olympic Cross Country Championships are held (collectively "Releases") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the Championships.

I/we grant permission to the Meet Directors or their designee or the assigned Chaperones of any USA Track & Field Junior Olympic Cross Country Championships, competition or program to act as guardian/spokesman with full authorization and power to authorize emergency medical treatment, including hospitalization and anesthesia, if medically necessary, for my/our son or daughter while in route to/from or at the site of the USA Track & Field Junior Olympics Championship, competition or program. I/we understand that should a health emergency arise, I/we will be notified but if we cannot be reached by phone such medical treatment as is deemed necessary by medical personnel under the circumstances presented is hereby expressly authorized.

Signature - **ATHLETE** \_\_\_\_\_

Signature - **PARENT / GUARDIAN** \_\_\_\_\_

(Must be signed if athlete is under 18 years of age.)

Telephone: (\_\_\_\_\_) \_\_\_\_\_

List allergies and current medications: \_\_\_\_\_

**THIS ENTRY FORM MUST BE RETURNED TO THE REGISTRATION AREA AT THIS MEET BEFORE LEAVING THIS MEET.**

\*\*Proof of Age: Verification Stamp (based on Birth Certificate, Certified Baptismal Record, Passport, Driver's License, Or U.S. Military Identification)