



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

Sunday, November 14, 2004

Freestyle Farm, Amherst, New Hampshire

### Eligibility

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

### Age Divisions

|                           |                   |
|---------------------------|-------------------|
| Bantam Boys and Girls     | born 1994 & later |
| Midget Boys and Girls     | born 1992 & 1993  |
| Youth Boys and Girls      | born 1990 & 1991  |
| Intermediate Boys & Girls | born 1988 & 1989  |
| Young Men & Women         | born 1986 & 1987  |

### Entry Procedures and Entry Fees

Complete all information on the entry form and sign the Waiver and Assumption of Risk on the form. For athletes under age 18 the form *must* be signed by a parent, guardian, or coach. Unsigned and incomplete forms will be rejected!

### Entry Fees:

\$5.00 if received by November 8<sup>th</sup>.  
\$6.00 if postmarked after November 8 and on race day.  
Faxed entries will NOT be accepted.

Make checks payable to: **USATF-New England**  
Send the completed form with fee to:  
USATF – New England  
P.O. Box 1905  
Brookline, MA 02446

**We strongly encourage pre-registration!**

### USATF Membership

All participants are required to have a 2004 or 2005 USATF membership. Memberships may be obtained online at [www.USATF.org](http://www.USATF.org), or may be purchased at the meet. The fee for athletes 18-and-under is \$15.00, and 2005 memberships are valid until 12/31/2005.

### Awards

Medals to the top ten finishers in each race.

For additional information check:  
[www.usatfne.org/jo](http://www.usatfne.org/jo)  
office@usatfne.org or call 617-566-7600

For maps and directions to Freestyle Farm check:  
[www.eteamz.com/amherstrack](http://www.eteamz.com/amherstrack)

### 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                          |
| 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 |

### REGION I JUNIOR OLYMPIC CHAMPIONSHIPS

November 21, 2004. Site to be Augusta, Maine.  
Region I consists of the following associations: Adirondack, Connecticut, Long Island, Maine, Metropolitan, and New England

### Qualification

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

### Waivers

With approval of the youth chairman, individual athletes who compete in a high school championship meet on November 13<sup>th</sup> may be allowed to advance to the Region I meet. Contact [youthchair@usatfne.org](mailto:youthchair@usatfne.org) before November 11.

### Region I Entry Information

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

### Athletes qualifying for and entering the Region I meet must submit the following on November 14<sup>th</sup>:

- A completed Region I entry form with entry of \$7.00 per athlete.
- 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**  
Shaumburg, IL  
December 11, 2004

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

Special thanks to Freestyle Farm and the Amherst Track Club