



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

Sunday, November 15, 2009

Freestyle Farm, Amherst NH

## Eligibility

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

## Age Divisions

Bantam Boys and Girls	born 1999 & later
Midget Boys and Girls	born 1997 & 1998
Youth Boys and Girls	born 1995 & 1996
Intermediate Boys & Girls	born 1993 & 1994
Young Men & Women	born 1991 & 1992

## Entry Procedures and Entry Fees

Complete all information on the entry form and sign the Waiver and Assumption of Risk. Forms for athletes under age 18 **must** be signed by a parent or guardian. Unsigned/incomplete forms will not be accepted!

## Entry Fees:

Received by November 11 <sup>th</sup>	- \$6.00
Received after November 11 <sup>th</sup> and on race day	- \$8.00

NO FAX ENTRY

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 must have a 2009 or 2010 USATF membership. Memberships may be obtained online at [www.USATF.org](http://www.USATF.org) (preferred) or purchased at the meet. 2010 Memberships are available as of November 1 and are good for all of 2010; so wait til then and save! The fee for ages 18-and-under is \$20.00,

## Awards

Medals to the top 10 finishers in each race  
Team Scoring: Limited to USATF clubs. See website.

## Preliminary/warm-up/course visit meets:

Sundays, **Nov 1** and **Nov 8**

See [www.AmherstTrack.org](http://www.AmherstTrack.org)

For additional information  
[www.usatfne.org/jo](http://www.usatfne.org/jo) or call: 617-566-7600  
Maps and directions to Freestyle Farm at  
[www.usatfne.org/cross](http://www.usatfne.org/cross)

## Schedule of Events

9:00 a.m.	REGISTRATION BEGINS
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
1:00 p.m.	4000 meter Youth Girls
1:30 p.m.	4000 meter Youth Boys
2:00 p.m.	5000 meter Intermediate Girls and Young Women
	Combined ages
2:30 p.m.	5000 meter Intermediate Boys and Young Men
	Combined ages

**Course walks** – Sat. Nov. 10, 2-4 pm ONLY  
Sun. Nov. 11 - 9:00 for 3K, 11:30 for 4K/5K  
Please - Do not go to the farm on your own!

## REGION I JUNIOR OLYMPIC CHAMPIONSHIPS November 22, 2009. Augusta Maine.

Region I consists of the Adirondack, Connecticut, Long Island, Maine, Metropolitan, and New England associations.

## 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 association, athletes who compete in a high school championship meet on November 14<sup>th</sup> may be allowed to advance directly to the Region I meet. Contact [office@usatfne.org](mailto:office@usatfne.org) before November 12.

## Region I Entry

Entry for the Regional meet **must be completed at the New England Championship** on 11/15.

**Athletes qualifying for and entering the Region I meet must submit the following on November 15<sup>th</sup>:**

- A completed Region I entry form with entry of \$10.00 per athlete.
- Proof of age, if not already verified. Otherwise, bring a non-returnable copy of birth certificate, baptismal record, driver's license or passport

## USATF National Junior Olympic XC Championships Reno Nevada, December 12, 2009

The top 3 teams and other individuals in the top 20 at the Region I meet qualify to advance to the National JO Championships. Must submit entry in Maine on Nov 22.

THANKS TO THE AMHERST TRACK CLUB AND THE TOWN OF AMHERST