

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 11th - **\$6.00**Received after November 11th 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 (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

For additional information

www.usatfne.org/jo or call: 617-566-7600

Maps and directions to Freestyle Farm at

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 |
| Combined ages | | and Young Women |
| 2:30 p.m. | 5000 meter | Intermediate Boys |
| Combined ages | | and Young Men |

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 14th may be allowed to advance directly to the Region I meet.

Contact office@usatfne.org before November 12.

Region I Entry

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

Athletes qualifying for and entering the Region I

Athletes qualifying for and entering the Region I meet must submit the following on November 15th:

- 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 Champion ships. Must submit entry in Maine on Nov 22.

THANKS TO THE AMHERST TRACK CLUB AND THE TOWN OF AMHERST