



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

Sunday, November 11, 2012

Freestyle Farm, Amherst NH (188 Mack Hill Rd)

Age Divisions

Sub Bantam Boys and Girls	born 2004 & 2005
Bantam Boys and Girls	born 2002 & 2003
Midget Boys and Girls	born 2000 & 2001
Youth Boys and Girls	born 1998 & 1999
Intermediate Boys & Girls	born 1996 & 1997
Young Men & Women	born 1994 & 1995

Eligibility

US Citizens, resident aliens, prep and foreign exchange students living in MA, NH, RI, and VT only.

Entry Procedures and Entry Fees

Entry - **online only at CoachO.com after October 1.**

Date of Birth must be Verified before entry!

If needed, submit proof of date of birth as soon as possible by email, fax, or post!

Complete all information on the online form, print the Waiver, and bring signed Waiver to the meet. Athletes under age 18 must have waiver form signed by a parent or legal guardian. Runners with unsigned/incomplete forms cannot run!

ONLINE ENTRY CLOSES WED. NOV 7 at midnight

Late/day of event entry requires written permission prior to race day.

Entry Fees:

\$6 per athlete by Nov 7. Fee may be paid online with Visa, mailed in, or brought to meet, but is due even if entrant does not compete. Clubs can pay in one check with pre-approval. \$10 for entry on race day and all late entry

USATF Membership - Important

Runners must have a 2012 or 2013 USATF membership to enter the meet. Memberships may be obtained online at www.usatf.org (preferred) or mailed.

2013 Membership begins on November 1 and is good for all of 2012 and 2013 - so wait until Nov 1 and save!

USATF membership for ages 18-and-under - \$20.00

Checks payable to **USATF-New England, mail to USATF – New England**
P.O. Box 1905
Brookline, MA 02446
We strongly encourage pre-meet payment

Awards - Medals to the top 15 finishers in each race

For additional information and maps and directions to Amherst, see www.usatfne.org/cross
Questions? office@usatfne.org

Schedule of Events

9:00 a.m.	REGISTRATION BEGINS
10:10 a.m.	2000 meter Sub-Bantam B&G-1 race
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
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

Team Scoring: Limited to USATF clubs - Top 5 by Place.

If a team has more than 8 runners in one division, they must declare their top 8 scorers before the race at registration. Forms will be available. A, B, C teams may be declared.

JO COURSE PREVIEW MEET – Sunday, October 28.

Selected distances. Details at www.amherstrack.org

REGION I JUNIOR OLYMPIC CHAMPIONSHIPS

Sunday, November 18, 2012.

Eisenhower Park, Long Island NY.

The top 3 teams and other individuals in the top 25 at the New England meet **qualify** for the Region I meet.

If there are 8, 9, or 10 scoring clubs in a NE race division, 4 teams will advance. 11 or more, 5 teams advance. If teams or individuals choose not to go, others do not move up!

WAIVERS INTO REGION I MEET

With approval of the association, athletes who compete in a high school championship meet on November 10 may be allowed to advance directly to the Region I meet. They may only score for a club if the club already advanced as a team. Entire scoring teams may NOT be waived to Region I.

Contact **office@usatfne.org** by November 7 to request waivers,

REGION I ENTRY

Registration for the Region I meet **is online only at CoachO.com**. Clubs must enter all runners together.

Athletes entering the Region I meet **must enter and pay online at CoachO.com on November 13 + 14 by midnight.**

Payment with registration, Visa only

USATF National Junior Olympic XC Championships Albuquerque NM, Saturday, December 8, 2012

The top 3 and other individuals in the top 20 in the Region I meet qualify for the National JO Championships. Entry using CoachO.com after the Region I meet, info at Region I.