



2016 USATF Minnesota Association Junior Olympic Cross Country Championships (Association to Nationals)



Sunday, November 6, 2016
Eagan High School
4185 Braddock Trail, Eagan, MN 55123

SCHEDULE & AGE DIVISIONS: Rolling Schedule 5km start at 1pm, followed by the 4km, then 3km, then 2km

Age Division	Distance	Time
8 & Under (born 2008+)	2 km (1.24 miles)	Boys- immediately following 3km Girls- immediately following 3km
9 & 10 (born 2006-2007)	3 km (1.86 miles)	Boys – immediately following 4km Girls – immediately following 4km
11 & 12 (born 2004-2005)	3 km (1.86 miles)	Boys – immediately following 4km Girls – immediately following 4km
13 & 14 (born 2002 –2003)	4 km (2.48 miles)	Boys – immediately following 5km Girls – immediately following 5km
15 & 16 (born 2000 –2001)	5 km (3.1 miles)	Boys – 1:00pm Girls – 1:00pm
17 & 18 (born 1998-1999)	5 km (3.1 miles)	Boys – 1:00pm Girls – 1:00pm

ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to registration and participation.

Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

TEAM SCORING: 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Bib numbers will be distributed to athletes inside Eagan High School in the "Aviation room" on the north side of the school. Park in the north lot nearest the football/track stadium and follow signs to USATF XC check-in. The running course start and finish areas are in the field north of the high school and on the west side of the football stadium.

EVENT RESULTS: During competition, event results will be reported to athletes at the finish area. In addition, event results will be posted at www.usatfmn.org.

AWARDS: USATF Junior Olympic medals will be awarded to the top fifteen individuals in each age division.

ADVANCEMENTS-From Association to Nationals: Top 15 individuals and top 2 teams in each age group will advance to the National Championships. Age groups 15-16 and 17-18 will be combined in team scoring only, the top 4 teams will advance. The National Championships will be held on Saturday, December 10th in Hoover, AL.

ENTRY FEES & DEADLINES:

On-Time Registration: Will be permitted until November 6.

ONLY ONLINE ENTRIES WILL BE ACCEPTED. Please visit athletic.net to enter

Individual Entries: **\$10.00** per athlete.

Team Entries: No additional charge.

PAYMENTS: The online entry system accepts all credit cards, however USATF prefers VISA.

DIRECTIONS & PARKING: Park in the north lot closest to the football stadium. Walk to the north side of the building to the aviation room (follow signs for USATF) for bib pick-up.

CONTACT: Chris Dallager, chrisdallager@comcast.net, 612-913-8299

Club Administrators and Unattached Athletes should register online at **Athletic.net** by **November 6, 2016** at **12:00pm**.

Use the following web address for directions on meet registration for athletic.net:

<http://www.athletic.net/Help/CrossCountry.aspx?Meet=126857>

Late entries will not be allowed. Fees must be paid online by the close of registration. Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

Valid 2016 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via mail or fax) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

Membership Chair: Craig Yotter

Address: 960 Douglas Rd., Mendota Heights, MN 55118

Fax: (651) 330-8847

For questions, contact at: office@usatfmn.org or call 651-330-8847