

2010 NORTH CAROLINA ASSOCIATION
USATF JUNIOR OLYMPIC CROSS
COUNTRY CHAMPIONSHIPS

(The First Step to the JO Nationals)

Date: SUNDAY, NOVEMBER 7 , 2010

TIME: 1:30 PM

SITE: HAGAN STONE PARK, GREENSBORO, NC

All ages and abilities!!

ADVANCEMENT:

The top 25 individual places and top 3 team in each age division, will advance to the Region III JO Cross Country Champions on November 20, 2010.

USATF Region 3 Championship on November 20, 2010

at . **Williamsport HS, 5 South Clifton Drive , Williamsport, MD 21795**

Athletes must compete in the Association Meet in order to advance.

www.usatf.org/assoc/pva/youthathletics.html

The top 20 individual finishers and the first three teams in each age division at the regional competitions, qualify for USATF National Junior Olympic Cross Country Championships.

2010 USATF National Junior Olympic Cross Country Championships

December 11, 2010

Veterans Park - Hoover, Alabama.

USTAF MEMBERSHIP IS REQUIRED AND MUST BE PURCHASED ONLINE IN ADVANCE. AT WWW.USATF.ORG. YOU MUST HAVE A CURRENT NUMBER BEFORE YOU COMPETE; 2010 NUMBERS STILL WORK.

EACH ATHLETE MUST HAVE A 2010/2011 MEMBERSHIP NUMBER IN ORDER TO PARTICIPATE IN THIS MEET. ATHLETES MUST SEND A COPY OF PROOF OF BIRTH TO NC USATF Membership Chair PRIOR TO THE CLOSE OF ONLINE REGISTRATION. ENTRY INTO THE MEET WILL NOT BE ACCEPTED WITHOUT BIRTH VERIFICATION COMPLETED IN THE SYSTEM.

A TEAM MUST BE A 2010/2011 REGISTERED USATF CLUB IN ORDER TO COMPETE AS A TEAM.

AGE GROUPS XC DISTANCE:

Sub-Bantam - (Born 2002 or later) 2k

Sub Bantams advance only to Regionals.

Bantam (Born 2000 and later) 3k
Midget (Born 1998 -1999) 3k
Youth (Born 1996 -1997) 4k
Intermediate (Born 1994 -1995) 5k
Young M/W (Born 1992 -1993) 5k

SCHEDULE:

1:30 PM All 5k races

2:00 PM Youth 4k

2:30 PM Midget 3k

3:10 PM Bantam & Sub-Bantam 2k (Immediately after)

TEAM COMPETITION:

Teams must be USATF registered clubs. If you would like to start a club, contact us for more information.

ENTRY FEES:

\$7.00 per athlete IN ADVANCE YOU need to REGISTER in Advance

\$15.00 race day registration, Do not do this unless you are a 2010 member of USATF and have a birth date already verified and on file and Bring a printed registration form showing both are done.

Registration:

The ONLY way to register correctly is to go to

WWW.COACHO.COM

Registration closed on Tuesday, November 2, 2010

MEET DIRECTOR:

CHARLIE BROWN, GREENSBORO PACESETTERS TRACK CLUB

Email only, snoopytrac@aol.com, Web: (www.greensboropacesetters.com)

REGISTRATION PROCESS;

1. HAVE YOUR USATF NUMBER with you. YOU must Have THIS to Compete. Your birth certificate must be on file and verified with USATF before you come to the meet.

2. REGISTER FOR THE MEET.

3. FILL OUT GREEN REGIONAL INDIVIDUAL ENTRY FORM AND TEAM ENTRY FORM (If applicable) BEFORE YOU LEAVE.

4. Regional Registration: ONLINE this YEAR

Online registration will be done at:

http://usatfregistration.com/cgi-bin/login.pl?cd=md_usatfregion3

More information on this later

5. BRING A COPY OF YOUR BIRTH CERTIFICATE WITH YOU!!