

2009 NORTH CAROLINA ASSOCIATION
USATF JUNIOR OLYMPIC CROSS
COUNTRY CHAMPIONSHIPS
(The First Step to the JO Nationals)



Date: SUNDAY, NOVEMBER 8, 2009
TIME: 1:30 PM
SITE: HAGAN STONE PARK, GREENSBORO, NC

All ages and abilities!!

For Information:

www.ncusatf.org or
www.greensboropacesetters.com

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 21, 2009. The location will be **Roger Milliken Center, Spartanburg, SC**. For more information, go to www.scusatf.org/. ***Athletes must compete in the Association Meet in order to advance.***

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. The nationals will be held, December 12, 2009 at **Rancho San Rafael Park, Reno, Nevada**. For more information, go to www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships.

USTAF MEMBERSHIP IS REQUIRED AND MUST BE PURCHASED ONLINE IN ADVANCE. AT WWW.USATF.ORG. YOU MUST HAVE A CURRENT NUMBER BEFORE YOU COMPETE; 2009 NUMBERS STILL WORK.

AGE GROUPS XC DISTANCE:

Sub-Bantam - (Born 2001 or later)	2k
<i>Sub Bantams advance only to Regionals.</i>	
Bantam (Born 1999 and later)	3k
Midget (Born 1997 -1998)	3k
Youth (Born 1995 -1996)	4k
Intermediate (Born 1993 -1994)	5k
Young M/W (Born 1991 -1992)	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:

- \$5.00 per athlete IN ADVANCE
- \$8.00 race day registration,

MEET DIRECTOR:

CHARLIE BROWN, GREENSBORO PACESETTERS TRACK CLUB
Email only, snoopytrac@aol.com, Web: (www.greensboropacesetters.com)

REGISTRATION PROCESS;

1. HAVE YOUR USATF NUMBER.
2. REGISTER FOR THE MEET BEFORE OCT. 31 OR ON RACE DAY.
3. FILL OUT GREEN REGIONAL INDIVIDUAL ENTRY FORM AND TEAM ENTRY FORM (If applicable) BEFORE YOU LEAVE. (*Forms may also be found on www.ncusatf.org; entry forms must be copied on Pastels-Green paper*)
4. PAY FOR AND REGISTER FOR REGIONAL BEFORE YOU LEAVE MEET. REGION 3 ENTRY FEE IS \$15.00 FOR EACH PARTICIPANT.
5. BRING A COPY OF YOUR BIRTH CERTIFICATE WITH YOU!!
6. FOR ADVANCE ENTRY, SEND FORMS AND FEES PAYABLE TO:
Greensboro Pacesetters
2304 Gracewood Drive
Greensboro, NC 27408