

**POTOMAC VALLEY
OLYMPICS CROSS**



**ASSOCIATION USATF JUNIOR
COUNTRY CHAMPIONSHIP**

Meet Referee: **Dr. Bill Price/Jan** **Price**

Youth Chair: Quentin Wilson

Location: Smithsburg High School, Smithsburg, MD

Date: November 10, 2019

Entry Fee for PVA USATF: **\$10.00 per Athlete**

Quentin Wilson (Youth Chair) can be contacted at qwilson@verizon.net or phone at 410-302-9079 for any questions during the registration process.

USATF SANCTIONED EVENT

EACH ATHLETE MUST HAVE A 2019/2020 MEMBERSHIP NUMBER IN ORDER TO PARTICIPATE IN THIS MEET. ATHLETES MUST SEND A COPY OF PROOF OF BIRTH TO THE ADDRESS BELOW PRIOR TO THE CLOSE OF ONLINE REGISTRATION. ENTRY INTO THE MEET WILL NOT BE ACCEPTED WITHOUT BIRTH VERIFICATION COMPLETED IN THE SYSTEM.

USATF MEMBERSHIP MUST BE COMPLETED BY MIDNIGHT November 8, 2019. ADDITIONS TO YOUR CLUB WILL BE PROHIBITED AFTER THIS DEADLINE. PURCHASE OF A USATF MEMBERSHIP MAY BE DONE AT www.usatf.org. SELECT BECOME A MEMBER AND FOLLOW THE PROMPTS.

A TEAM MUST BE A 2019/2020 REGISTERED USATF CLUB IN ORDER TO COMPETE AS A TEAM.

TEAM ENTRY AND SCORING: The names of the team members must be selected from the downloaded roster from the USATF membership database "A," "B," "C," etc. team to be eligible as scoring members of the team. A team will consist of a minimum of five and a maximum of eight runners with the first five finishers being used to compute the score based on place. The 2019 USATF Competition Rules for Athletics will be followed.

**USATF Potomac Valley
Attn: Herb Nicholls
PMB 102, 2657G Annapolis Rd.
Hanover, MD 21076**

Online registration will be done at: <http://www.athletic.net> Registration will close midnight November 8, 2019.

PVA Championship will be governed under Youth Rule 304 and 306 (3). The **Sub-Bantam Division will be contested at the Nationals as long as the athlete turns seven by December 31, 2019.**

Schedule and length of runs is in kilometers: (tentative)

10:30 -11:30 Packet Pickup
11:30 Course Walk
1:00 Race Start

8 and Under Girls	8 and Under (Born in or after 2011) 2K
9-10 Girls	9-10 Boys (Born 2010 or 2009) 3K
11-12 Girls	11-12 Boys (Born 2008 or 2007) 3K
13-14 Girls	13-14 Boys (Born in 2006 or 2005) 4K
15-18 Girls	15-18 Boys (Born in 2004 or 2001) 5K

Note: All runners are advised to arrive for course walk. The start for the first race is definite. The start time for the remaining races may vary depending on the number of participants. If the age groups by gender are significantly small, they may run as one group.

The first fifteen finishers in each age group/gender will receive medals. The top 15 in each age/gender and the top 2 teams are eligible to advance to the USATF National Junior Olympic Cross-Country Championship **Yahara Hills Golf Course, Madison, WI December 14, 2019**

Eligible athletes will be required to declare online at <http://www.athletic.net> **In the 8 and Under Division, the athlete must be turning seven by December 31, 2019 in order to be able to participate in the National Cross Country JO Championship.**

Direction to Smithsburg High School: Take I-495 N/Capital Beltway to I-270 via Exit 35 toward Frederick. Merge onto I-70 W via Exit 32 toward Hagerstown. Merge onto MD-66 N / Mapleville Rd via Exit 35 toward Smithsburg. Follow MD-66 past traffic light at MD-64 and past the traffic light in Smithsburg and with a left at the next block (still MD-66) and make a left at the tennis court to Smithsburg HS Track.