



SOUTHERN ASSOCIATION JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS SATURDAY, NOVEMBER 23, 2019

SOUTH BOSSIER PARK - BOSSIER CITY, LA

WHO CAN PARTICIPATE IN THE MEET? Anyone, between the ages of 6-18 years old (**YOUTH** division), living in the states of Louisiana and Mississippi (Southern Association). **Open** and **Masters** divisions will also participate. You can register as an unattached participant or as a member of a sanctioned USATF Club. Note: Most schools are not sanctioned members of a USATF Club, therefore you can register as an unattached athlete.

WHO CAN REGISTER YOU IN THIS MEET? You or your parents can register you if your coach is not available to help you. Most unattached athletes register themselves and come to the meet with their parent.

STEPS FOR REGISTRATION

1. Get a **USATF Membership Number** by going online to www.usatf.org. Go to the bottom of the Home Page and click on "Become a USATF Member."
2. **Once you have a USATF Number, you must email a scanned copy of your birth certificate to secretary@southern.usatf.org.** The person you are sending the email to is Earlett Buckley, the secretary of the Southern Association. If you have questions about membership, call her at (225) 270-3322. It would be best to put your USATF number in their email when you send it in with your birth certificate.
3. Once you have your birth certificate verified, go to www.athletic.net and set up an account and start the registration process.

Note: OPEN & MASTERS divisions may register on site day of meet. Must be registered by 10:00AM. **Go to Step 2** above to obtain a USATF Membership Number and age verification by sending in your birth certificate.

Note the information on the other side of this sheet.

If you have any further questions, feel free to call Juan Plaza at (318) 272-1671 or email him at jep1932@bellsouth.net

Website: www.usatfsouthern.org; www.rivercitiestrack.com



SOUTHERN ASSOCIATION JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS SATURDAY, NOVEMBER 23, 2019

QUALIFYING MEET FOR THE USATF NATIONAL CHAMPIONSHIPS

Hosted by: River Cities Track Club / Cross Country Club

Site: South Bossier Park (Bossier Parks & Rec), Bossier City, Louisiana

Course: See video here --> <https://vimeo.com/290392811>

GPS Address: 134 Crown Court Place, Bossier City, LA 71112

Sanctioned by: Southern Association of USA Track & Field

Registration: Register on-line www.athletic.net. Entry deadline is Thursday, November 21, 2019 by 11:59PM Central Time. No on-site registration on the day of the meet. To be eligible to compete in this meet, one must be a resident of the USATF Southern Association (Louisiana & Mississippi). To be able to register with www.athletic.net all participants, team members or unattached competitors must purchase a USATF Membership Number through www.usatf.org.

Entry Fees: \$10.00/YOUTH runner, \$15.00/OPEN & MASTERS runner

Qualifying Procedures: This meet will serve as the qualifying meet to the **2019 USATF National XC Championships in Madison, WI on Saturday, December 14, 2019.** To qualify as an individual, one must finish in the top 15 in their age group. The first-place team in each age group will also qualify.

Age Divisions & Distances:

8 & Under (born 2011 & above)	2000 meters (1.2 miles)
9-10 (born 2009-2010)	3000 meters (1.8 miles)
11-12 (born 2007-2008)	3000 meters (1.8 miles)
13-14 (born 2005-2006)	4000 meters (2.5 miles)
15-16 (born 2003-2004)	5000 meters (3.1 miles)
17-18 (born 2001-2002)	5000 meters (3.1 miles)
OPEN & MASTERS	5000 meters (3.1 miles)

Note: Some age divisions and boys' and girls' races could be combined.

Time

Schedule:

8:00 AM: Registration begins
9:30 AM: 6-8 yr. old Boys and Girls--2000 meters
9:45 AM: 9-10 yr. old Boys and Girls--3000 meters
10:00 AM: 11-12 yr. old Boys and Girls--3000 meters
10:30 AM: 13-14 yr. old Boys and Girls--4000 meters
11:00 AM: 15-16 yr. old Boys and Girls, & 17-18 yr. old Men and Women--5000 meters
11:00 AM: Open & Masters, Men & Women—5000 Meters
11:30 AM: Awards presentation (medals to top 15 finishers in each division)