

USATF Maine Association Junior Olympic Cross Country Championship November 3, 2018

Location:	Cony High School, Augusta
Registration:	Begins at 8:00 a.m. - on race day up to 10 minutes prior to race time in high school complex- see schedule below
Proof of Age:	Must be brought to the meet. (Birth certificate, passport, or driver's license)
Entry Fee:	\$10 (USATF membership is required, available race day - youth \$15/adult \$30) USATF Registration on this day will be valid for 2019
Course Walks:	Course walks will begin at 9am. Maps will be available. Course walks being done during a race is allowed so long as the racers are not obstructed!
Director:	Ron Kelly - 883-2747 (evenings) email: rkelly01@maine.rr.com
Awards:	Top 20 in each division receive medals, all others receive participant ribbons. State champions also receive state champion patch

Registration for this meet must be done at www.athletic.net

Registrations will be accepted the day of the race

Waivers: Athletes may obtain a waiver depending on circumstances. Contact Ron Kelly regarding waivers. **Waivers must be requested prior to the State Championship/Region 1 Qualifier.**

Regional Qualification: Top 30 finishers and top 5 clubs in each age division qualify for the Region 1 Championship meet to be held at Sunday, Nov 18 at Bowdoin Park, Wappinger Falls, NY

National Meet-Reno, Nevada – Dec 8

Race Schedule for Championship Meet

Category	Sex	Birth Year	Distance	Start Time
Open (19-29)/Masters (30 + 5 year intervals)	M/F		5K	10:30 am
8 and under	M/F	2010 and after	2K	11:00 am
9-10 age	M/F	2008-2009	3K	11:30 am
11-12 age	M/F	2006-2007	3K	11.30am
13-14 age	M/F	2004-2005	4K	12 noon
15-18 age	M/F	2000-2003	5K	12.30 pm

T-Shirts, Hats, Gloves, Socks will be available for sale.

Teams must be declared before race time with team entry form turned in to Ron Kelly
Visit our web site: www.meusatf.org