



USATF-Maine 2020 Cross Country Schedule

REGISTRATION LINK <https://forms.gle/yR7MFN7hKTuXod5S9>

All Maine CDC guidelines will be enforced

Masks are required all times except when racing

Saturday, Nov 7 University of Maine Augusta, Augusta - 10am race
Ed Van Tassel - 377-2088

Entry fee \$4.00. USATF registration is required and is available at all the meets (Adults - \$40.00 Youth - \$20.00 will be valid for 2021).

Registration begins at 9am. Course walks begin at 9:15am. Races at 10am.

Ribbons will be awarded to the top six in each age group. Participant ribbons to all others.

Race distances - 2k(8 & under), 3k(9-12), 4k(13 & up)

Sunday, Nov 8 Smiling Hill Farm, County Rd, Westbrook - 2pm race
Ron Kelly - 745-4781

Entry fee \$4.00. USATF registration is required and is available at all the meets (Adults - \$40.00 Youth - \$20.00 will be valid for 2021).

Registration begins at 12:30pm. Course walks begin at 1pm. Races at 2pm.

Ribbons will be awarded to the top six in each age group. Participant ribbons to all others.

Race distances - 2k(8 & under), 3k(9-12), 4k(13 & 14), 5k(15 & up)

USATF Maine Association Cross Country Championship

November 15, 2020

Smiling Hill Farm, 781 County Rd, Westbrook

All Maine CDC guidelines will be enforced

Masks are required all times except when racing

Must Pre-Register for the meet: <https://forms.gle/yR7MFN7hKTuXod5S9>

Registration for runner and 1 parent allowed to come

We need to stay under the CDC guidelines

For a membership-please contact Rosanne Francoeur-303-7284, 105 Maple Ave., Scarborough, Me 04074
(USATF Membership is required, available race day - youth \$20/adult \$40)

USATF Membership done on Nov 1 and after is also valid for 2021

Check in begins at 8:00 a.m on race day up to 10 minutes prior to race time
(see schedule)

Proof of Age: **Must be brought to the meet. (Birth certificate, passport, or driver's license) if you register that day**

Entry Fee: \$10

Course Walks: Course walks will begin at 8am. Maps will be available. Course walks being done during a race are 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

Race Schedule for Championship Meet

<u>Category</u>	<u>Sex</u>	<u>Birth Year</u>	<u>Distance</u>	<u>Start Time</u>
Open (19-29)/Masters (30 + 5 year intervals)	M/F		5K	9:00 am
8 and under	M/F	2012 and after	2K	10:00 am
9-10 age	M/F	2010-2011	3K	10:00 am
11-12 age	M/F	2008-2009	3K	11:30am
13-14 age	M/F	2006-2007	4K	1:00pm
15-18 age	M/F	2002-2005	5K	2:00 pm

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

Day of registrations will be accepted, but we encourage registering early so we can be sure to follow the state CDC guidelines

Dec. 12-13, 2020 - National Junior Olympic Cross Country Championship-Paris, Kentucky

National meet Open to any USATF member: for more information (still changing often), click here:

<https://www.usatf.org/events/2020/2020-usatf-national-junior-olympic-cross-country-c>

Any questions: call Ron Kelly-745-4781 eve. e-mail:rkelly01@maine.rr.com

Follow up on <https://www.facebook.com/USATFMaine> for more updates!