



2018 USATF **West Virginia** Association Junior Olympic Cross Country Championships



Saturday, November 10, 2018
Coonskin Park, Charleston, WV

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Division	Distance	Time
Ages 8 & under (born 2010 & after)	2 km (1.24 miles)	Girls: 10:15 AM Boys: 10:30 AM
Ages 9 & 10 (born 2009 - 2008)	3 km (1.86 miles)	Girls: 10:45 AM Boys: 11:00 AM
Ages 11 & 12 (born 2007 - 2006)	3 km (1.86 miles)	Girls: 11:15 AM Boys: 11:30 AM
Ages 13 & 14 (born 2005-2004)	4 km (2.48 miles)	Girls: 11:45 AM Boys: 12:00 PM
Ages 15 & 16 (born 2003-2002)	5 km (3.1 miles)	Girls: 12:15 PM Boys: 12:30 PM
Ages 17 & 18 (born 2001-2000)	5 km (3.1 miles)	Girls: 12:45PM Boys: 1:00 PM

ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted to WV USA TRACK & FIELD. E-mail to Coach William "Chip" Ferrell at coachchipferrell@gmail.com. (If questions, call at 304-766-9478 or 304-552-5306).

Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be must be affiliated with that club as part of their USATF membership. To enter a team a club must submit the Team Entry/Advancement & Declaration Roster form. Only athletes listed on the team declaration roster form will be eligible to represent the club at the Association, Regional or National championships. At each level of in the Junior Olympic program the club must declare at least 5 athletes but not more than 8 as declared scoring team members (specific instructions are on the Team Entry/Advancement & Declaration Roster form).

TEAM SCORING: 5 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition chest-high on the front of their jerseys. Bib numbers will be distributed to athletes the morning of the race.

EVENT RESULTS: During competition, event results will be available in the Meet Management Area.

Results will be posted at www.usatf.org or www.athletic.net and www.capitalcitystriders.com.

WARDS: USATF Junior Olympic medals will be awarded to the top ten individuals in each age division.

ADVANCEMENTS: The top 15 individuals and top 2 teams in each age group will advance to the **USATF National Championships, December 8 in San Rafael Regional Park in Reno, NV.**

ENTRY FEES & DEADLINES:

Registration: via www.athletic.net by 11:59 pm **November 7, 2018**

Individual Entries: **\$10.00** per athlete. *Team Entries. \$10.00* per athlete

PAYMENTS: on-line Credit Card or Electronic transfer only

CONTACT: William A "Chip" Ferrel, Jr.

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<http://www.capitalcitystriders.com>

