



# 2015 USATF Arkansas Association Junior Olympic Cross Country Championships (Associations to Nationals)



**Saturday November 21, 2015**  
**Western Hills Country Club**  
**5207 Western Hills Avenue, Little Rock, AR 72204**

## SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 & Under (born 2006+)	2 km (1.24 miles)	Boys- 9:00 am Girls- 9:00 am
9 & 10 (born 2004-2005)	3 km (1.86 miles)	Boys – 9:30 am Girls – 9:30 am
11 & 12 (born 2002-2003)	3 km (1.86 miles)	Boys – 10:00 am Girls – 10:00 am
13 & 14 (born 2000 –2001)	4 km (2.48 miles)	Boys – 10:30 am Girls – 10:30 am
15 & 16 (born 1998–1999)	5 km (3.1 miles)	Boys – 11:00 am Girls – 11:00 am
17 & 18 (born 1996-1997)	5 km (3.1 miles)	Young Men – 11:30 am Young Women – 11:30 am
19 & Up (born or earlier)	5 km (3.1 miles)	Men – 12:00 am Women – 12:00 am Masters – 12:00 am

\*\*\*Times may vary slightly\*\*\*

## ELIGIBILITY REQUIREMENTS:

**Individuals:** Current USATF membership is required to compete in the Junior Olympics category. 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 prior to registration and participation. Go to [www.usatf.org](http://www.usatf.org) after November 1, 2014 to renew membership or register as a new member.

**Teams:** Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

**TEAM SCORING:** 8 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 on site beginning at 6:00 am.

**EVENT RESULTS:** During competition, event results will be posted at a designated area near the pavilion. In addition, event results will be posted at [www.usatf-ar.org](http://www.usatf-ar.org).

**AWARDS:** USATF Junior Olympic medals will be awarded to the top ten individual members in each age division.

**ADVANCEMENTS-From Association to Nationals:** Top 15 individuals and top 2 teams in each age group will advance to the National Championships. The National Championships will be held on Saturday, December 13<sup>th</sup> at the Whispering Pines Golf Course in Myrtle Beach, SC. Information is available at:

<http://www.usatf.org/Resources-for---/Youth--NEW/Championships/YouthChmps.aspx>

## ENTRY FEES & DEADLINES:

**On-Time Registration:** Must be completed by **November 16, 2015 5:00pm CT**. Late entries will be allowed until **November 18, 2015 at 5:00pm CT** and will be charged an additional **\$5.00**.

**ONLY ONLINE ENTRIES WILL BE ACCEPTED.** Please visit [www.coacho.com](http://www.coacho.com) to enter **\$10.00** per athlete.

**PAYMENTS:** The online entry system **accepts all credit cards, however USATF prefers VISA.** (No onsite registration will be available.)

**DIRECTIONS & PARKING:** **See Map**

**CONTACT:** Ray Gillespie, [Gillespie\\_ray@yahoo.com](mailto:Gillespie_ray@yahoo.com); (504) 234-9630 or email: [Youth@Arkansas.usatf.org](mailto:Youth@Arkansas.usatf.org).

Club Administrators and Unattached Athletes should register online at [www.coacho.com](http://www.coacho.com) by **November 16, 2015 at 5:00pm CT. Late entries will be charged an additional \$5.00 and must be completed by November 17, 2015 at 5:00pm CT.** Online registration opens **September 26, 2015. Fees must be paid online by the close of registration. USATF prefers VISA; electronic checks will also be accepted.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Coach O for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://coachoregistration.com/meet/entry/assets/videos/usatf/index.html>.

**Valid 2015 USATF Membership and Proof of Birth is required for participation.** Before registration, please ensure that the membership chair has received (via mail, email or text) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

**Membership Chair: Liz Dillon**

**Address: 4846 Stonecrest, Springdale, AR 72762**

**For questions, contact at: [jolidillon@att.net](mailto:jolidillon@att.net) or 941-545-1128**