



USA Track & Field Three Rivers Association 2013 Cross Country Championship

November 10 - Coopers Lake Campground

Course Walk : 9:00am First Race: 10:00am

ENTRY FEES: Individual Entry: \$8.00/athlete Team Entry: No Charge

Register Online at www.usatf-threerivers.org

2013 or 2014 Age Verified USATF Membership # required to access online registration.

TRA CHAMPIONSHIP ENTRY DEADLINE: Online Entry Closes Friday November 8, 12:00 Midnight

Course Description: The course is entirely grass and features a wide-open layout that makes it perfect for spectators to view championship style races. It has a challenging layout with one large hill and rolling hills. One of the most unique features of the course is the finishing stretch, where runners actually run through a doorway to a castle before the final 200-meter straightaway. Link to course maps on the Meet Schedule page on the Three Rivers website.

ELIGIBILITY REQUIREMENTS:

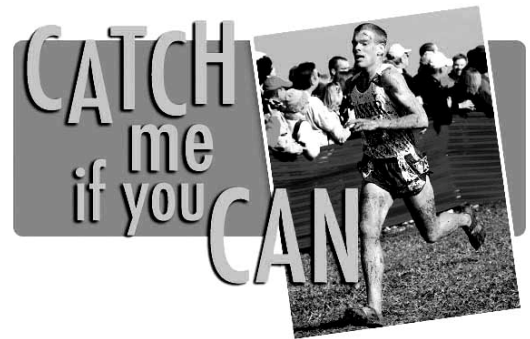
Individuals: Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted in order to access online registration.

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. Athletes must submit parent signed competition waiver.

NOTE: High School athletes that competed in the PA State High School Championship may be waived directly into the Region 2 Meet. These athletes must email threeriversusatf@verizon.net **PRIOR TO** the Region 2 Meet entry deadline.

YOUTH AGE DIVISIONS FOR COMPETITION

Age Division	Distance
8&Under (born 2005 & later)	2km (1.25miles)
9-10 (born 2003 - 2004)	3 km (1.86 miles)
11-12 (born 2001 – 2002)	3 km (1.86 miles)
13-14 (born 1999 – 2000)	4 km (2.48 miles)
15-16 (born 1997 –1998)	5 km (3.1 miles)
17-18 (born 1995 -1996)	5 km (3.1 miles)



Advancement to Region 2 Championship



All athletes that participate in the Three Rivers Association Championship will advance to the Region 2 Meet

**2013 Region 2 XC Championship - Sunday November 24 -
Coopers Lake Campground - www.usatf-threerivers.org**

**2013 USATF National JO XC Meet - Saturday, December 14 -
National Shooting Complex, San Antonio, TX**

The top 20 athletes and 3 teams at the Region 2 Championships will qualify for the National Championships.

<http://www.usatf.org/Events---Calendar/2013/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx>

