USATF Maine Association Junior Olympic Cross Country Championship  
November 10, 2019

Registration for this meet must be done at www.athletic.net
You must have a valid USATF number and be age verified to be able to register for the meet.

For a membership-please contact Rosanne Francoeur-303-7284, 105 Maple Ave., Scarborough, Me 04074 (USATF membership is required, available race day - youth $15/adult $30 USATF)

Location: Cony High School, Augusta  
Check in 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) if you register that day

Entry Fee: $10

Course Walks: Course walks will begin at 9am. 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

Registrations will be accepted the day of the race

Waivers: Athletes may obtain a waiver depending on circumstances. Those running in the New Englands will receive a waiver. 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 24 at Long Island, NY

National Meet-Madison, Wisconsin – Dec 14

Race Schedule for Championship Meet

<table>
<thead>
<tr>
<th>Category</th>
<th>Sex</th>
<th>Birth Year</th>
<th>Distance</th>
<th>Start Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open (19-29)/Masters (30 + 5 year intervals)</td>
<td>M/F</td>
<td>5K</td>
<td>10:30 am</td>
<td></td>
</tr>
<tr>
<td>8 and under</td>
<td>M/F</td>
<td>2011 and after</td>
<td>2K</td>
<td>11:00 am</td>
</tr>
<tr>
<td>9-10 age</td>
<td>M/F</td>
<td>2009-2010</td>
<td>3K</td>
<td>11:30 am</td>
</tr>
<tr>
<td>11-12 age</td>
<td>M/F</td>
<td>2007-2008</td>
<td>3K</td>
<td>11:30 am</td>
</tr>
<tr>
<td>13-14 age</td>
<td>M/F</td>
<td>2005-2006</td>
<td>4K</td>
<td>12 noon</td>
</tr>
<tr>
<td>15-18 age</td>
<td>M/F</td>
<td>2001-2004</td>
<td>5K</td>
<td>12:30 pm</td>
</tr>
</tbody>
</table>

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