USATF-Maine 2019 Cross Country Schedule
Developmental Meets

Sunday, Oct. 20  
Smiling Hill Farm, County Rd, Westbrook-2pm  
Ron Kelly-745-4781

Old Town High School, Old Town-2pm  
Rod White-951-0864

Sunday, Oct 27  
Smiling Hill Farm, County Rd, Westbrook-2pm  
Ron Kelly – 745-4781

Old Town High School, Old Town-2pm  
Rod White-951-0864

Sunday, Nov 3  
Cony High School, Augusta, Me-2pm  
Ron Kelly-745-4781

Entry fee for developmental meets is $4.00. USATF registration is required and is available at all the meets (Adults - $30.00  Youth - $15.00 ). Registration begins at 12:30pm. Course walks begin at 1:00pm. Ribbons will be awarded to the top six in each age group. Participant ribbons to all others. It is not necessary to run in any of the developmental meets to compete in the State Championship.

State Championship

Sunday, Nov. 10 USATF Maine State Cross Country Championship and Region 1 Junior Olympic Qualifying Meet – 10:30am. Races may be combined by age groups Entry fee-$10-18 and under must register with www.athletic.net for this meet-you can register at the site the day of the meet if you must. Waivers can be given to high school athletes competing in the New England meet. Age Groups: (8 & un)(9-10)(11–12)(13-14)(15–18)  
Open Championship Race for 19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over-Men and Women

Cony High School, Augusta.  Ron Kelly – 745-4781
ENTRY FEE-$10  MAINE USATF YOUTH MEMBERSHIP-$15
ADULT-$30

All teams in each age group must be declared before race time.

Region 1 Junior Olympic Cross Country Championship  
Sunday, Nov. 24, Long Island, New York

National Junior Olympic Cross Country Championship –  
Saturday, Dec.14-Madison Wisconsin

Age Groups

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Born</th>
<th>Race Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 &amp; un</td>
<td>2011 &amp; after</td>
<td>2K</td>
</tr>
<tr>
<td>9 – 10</td>
<td>2009– 2010</td>
<td>3K</td>
</tr>
<tr>
<td>11 – 12</td>
<td>2007 – 2008</td>
<td>3K</td>
</tr>
<tr>
<td>13 – 14</td>
<td>2005 2006</td>
<td>4K</td>
</tr>
<tr>
<td>15 – 18</td>
<td>2001 – 2004</td>
<td>5K</td>
</tr>
<tr>
<td>Open</td>
<td>19 – 29-5K</td>
<td></td>
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<tr>
<td>Masters</td>
<td>30 and up</td>
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</tbody>
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Only 7-8 year olds advance to Nationals

Any questions: call Ron Kelly-745-4781 eve. Or e-mail:USATF-Maine web site: maine.usatf.org