



USATF NEW JERSEY
JUNIOR OLYMPIC
Cross Country Championships
Sunday, November 1, 2009
Stockton State College of NJ, Pomona, NJ



<u>AGE GROUPS</u>	<u>DISTANCE</u>	<u>START TIME</u>
Sub-Bantam born 2001 or later	1500 meters	First race goes off at 11:30am.
Bantam born 1999-2000	3km (1.86 miles)	All other races will follow upon conclusion of prior event.
Midget born 1997-1999	3km (1.86 miles)	
Youth born 1995-1996	4km (2.48 miles)	
Intermediate born 1993-1994	5km (3.1 miles)	Course Walk at 10:30am
Young M/W born 1991-1992	5km (3.1 miles)	
All ages based as of 12/31/09		

TEAMS: Teams consists of 5 to 8 members. Top 5 runners will score. All teams must be in registered USATF-NJ clubs. Each club may enter more than one team. All individuals on a team must send their application with the team entry.

AWARDS: USATF medals to top ten individuals in each age group. Patches to 1st overall and team champions in each age group.

ADVANCEMENTS: Top 25 individuals and top 4 teams in each age group will advance to the Region II Championships hosted by the New Jersey Association in Flemington on November 22nd: <http://www.usatfnj.org/youth/>. *All advancement paperwork for the Region II meet must be completed and paid for (cash or money order only) prior to leaving Stockton State College on November 1st. The advancement form is on the NJ website. Bring a completed copy of it to this state meet to expedite the advancement process.*

The National Championships will be held on December 12th, 2009 at Rancho San Rafael Regional Park, Reno, Nevada. Information is available at <http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships/>

REGISTRATION: All Individual and Team registrations must be received by Monday, Oct 26th. **NO POST-REGISTRATION!**

ENTRY REQUIREMENTS & FEES: 1) **Proof of Age:** copy of birth certificate, passport or age-verified USATF-NJ card; 2) **Entry Fee** of \$6.00; 3) **USATF-NJ Membership** number. USATF-NJ membership is required to compete in the Junior Olympic Program.

If you do not have a membership, obtain one online at www.usatf.org for \$20 (18 years and under). Print the online receipt & bring to the race as proof of membership. **MEMBERSHIPS WILL NOT BE SOLD AT THE MEET. BRING YOUR MEMBERSHIP # IN ORDER TO COMPETE.**

DIRECTIONS: *From Northern NJ:* Take Garden State Parkway South to exit 44; turn right onto Port Republic Road; go 1/2 mile. Turn left onto the main college road & follow to athletic field house. *From Atlantic City Expressway:* Take exit 12, turn left. Proceed straight past light at Route 30/ White Horse Pike. At next light turn right onto Jim Leeds Road. Go 1 mile & turn left onto the main college road. Follow to athletic field house.

CONTACT: John Boykin at 856-794-2170 or qstcnj@aol.com or go to www.usatfnj.org

Check or Money Order MUST Accompany Entry
Mail Entries Payable To: Quicksilver TC, PO Box 2032, Vineland, NJ 08362

Official Use Only:

Bib #: _____

LAST NAME

FIRST NAME

M F

____/____/____
Birth Date

AGE AS of 12/31/09

STREET ADDRESS (w/Apt. No.)

2009 USATF Number

Area Code Phone

Age Verification Attached

CITY STATE ZIP

County of Residence

Exact Name of USATF-NJ Club – otherwise leave blank

IN CONSIDERATION FOR MY ENTRY BEING ACCEPTED, I INTENDING TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES, WHICH I HAVE, OR WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE NEW JERSEY ASSOCIATION OF USATF, INC., CITY OF VINELAND, QUICK SILVER TRACK CLUB, STOCKTON STATE COLLEGE, CITY OF POMONA, OR THEIR RESPECTIVE OFFICERS, AGENTS REPRESENTATIVES, SUCCESSORS OR ASSIGNS, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH THE ENTRY IN AND ARISING OUT OF MY TRAVEL TO, PARTICIPATION IN, AND RETURN FROM THIS CROSS COUNTRY MEET.

Signature of Athlete

If under 18 – Signature of Parent (not coach)

Date