



POTOMAC VALLEY ASSOCIATION USATF JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIP

Youth Chair: Henry McCallum Jr

Meet Referee: Dr. Bill Price

Meet Director: Phil Lang

Location: Centennial High School, 4300 Centennial Lane, Ellicott City, MD 21042

Date: November 13, 2011

Entry Fee for PVA USATF: \$10.00 Per Athlete

Henry McCallum Jr (Youth Chair) can be contacted at hmcca77@verizon.net or phone at 301-322-7356 for any questions during the registration process.

USATF SANCTIONED EVENT

EACH ATHLETE MUST HAVE A 2011/2012 MEMBERSHIP NUMBER IN ORDER TO PARTICIPATE IN THIS MEET. ATHLETES MUST SEND A COPY OF PROOF OF BIRTH TO THE ADDRESS BELOW PRIOR TO THE CLOSE OF ONLINE REGISTRATION. ENTRY INTO THE MEET WILL NOT BE ACCEPTED WITHOUT BIRTH VERIFICATION COMPLETED IN THE SYSTEM.

USATF MEMBERSHIP MUST BE COMPLETED BY MIDNIGHT November 3, 2011. ADDITIONS TO YOUR CLUB WILL BE PROHIBITED AFTER THIS DEADLINE. PURCHASE OF A USATF MEMBERSHIP MAY BE DONE AT www.usatf.org. SELECT BECOME A MEMBER AND FOLLOW THE PROMPTS.

A TEAM MUST BE A 2011/2012 REGISTERED USATF CLUB IN ORDER TO COMPETE AS A TEAM.

TEAM ENTRY AND SCORING: The names of the team members must be selected from the downloaded roster from the USATF membership database "A," "B," "C," etc. team to be eligible as scoring members of the team. A team will consist of a minimum of five and a maximum of eight runners with the first five finishers being used to compute the score based on place. The 2011 USATF Competition Rules for Athletics will be followed.

Birth Verification can be scanned and emailed to Herb Nicholls at: hnich17650@verizon.net or mailed to the address below:

**USATF Potomac Valley
Attn: Herb Nicholls
PMB 102, 2657G Annapolis Rd.
Hanover, MD 21076**

Online registration will be done at:

http://usatfregistration.com/meet/entry/md_usaxcyouth10/ or go to <http://www.usatf.org/assoc/pva/>

PVA Championship will be governed under Youth Rule 304 (4) and 305(3).

Schedule and length of runs is in kilometers:

10:30 – 11:30 Packet Pickup

11:30 Course Walk

12:30pm Sub-Bantam (8 and under) Girls Sub-Bantam Boys (Born in or after 2003) 2K

Bantam Girls Bantam Boys (Born 2002 or 2001) 3K

Midget Girls Midget Boys (Born 2000 or 1999) 3K

Youth Girls Youth Boys (Born in 1998 or 1997) 4K

Intermediate Girls Intermediate Boys (Born in 1996 or 1995) 5K

Young Women Young Men (Born in 1994 or 1993) 5K

Note: All runners are advised to arrive for course walk. The start for the first race is definite. The start time for the remaining races may vary depending on the number of participants. If the age groups by gender are significantly small, they may run as one group.

The first ten finishers in each age group/gender will receive medals. The top 25 in each age/gender and the top 3 teams are eligible to advance to the USATF Region 3 Championship on November 19, 2011 at **Whispering Pines Golf Course 2112 South King Highway Myrtle Beach, South Carolina 29577**. Eligible athletes will be required to declare online at

http://usatfregistration.com/meet/entry/sc_usaxcregion03 or go to

<http://www.usatf.org/assoc/pva/> within 48 hours after the conclusion of the meet. **The association will pay the entry fee for the declared athletes to the National Championship. Athletes/Teams for whom PVA has paid National registration fees that do not participate in the meet will be required to reimburse PVA for the registration fees. Failure to make reimbursement will result in ineligibility to participate in any upcoming PVA meets until reimbursement has been made.**

Make checks payable to Potomac Valley Association. Do not mail cash. Mail registration fees to PVA C/O Henry McCallum Jr., 7949 Dellwood Avenue, Lanham Seabrook, MD 20706 by November 5, 2011. Tel. (301-322-7356).

Direction to Centennial High School: Take I-495 N/Capital Beltway to I-95N. Take I-95 to MD-32W via Exit 32B toward Columbia. Merge onto US 29 N/Columbia Pike via exit 16A toward Columbia/Town Center. Merge onto 108 W/Clarksville Pike via exit 21B toward Clarksville. Go 1.2 miles and turn right onto Centennial Lane.