



**2019 USATF Oklahoma Association
Cross Country Championships**
Schillings Recreation Center
539 SE 25th, Oklahoma City, Ok. 73129
Saturday, November 16, 2019

SCHEDULE & AGE DIVISIONS: Packet Pickup will start at 7:00AM. Course Walk will end at 8:00am

Age Division	Distance	Time
8 & Under (born 2011+)	2 km (1.24 miles)	11:00AM
9 & 10 (born 2009-2010)	3 km (1.86 miles)	10:30AM
11 & 12 (born 2007-2008)	3 km (1.86 miles)	10:30AM
13 & 14 (born 2005 –2006)	4 km (2.48 miles)	9:15AM
15 & 16 (born 2003–2004)	5 km (3.1 miles)	8:30AM
17 & 18 (born 2001-2002)	5 km (3.1 miles)	8:30AM

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** prior to registration and participation by **November 10, 2019**.

Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

Valid 2019 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via email or fax) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation. **Deadline to send Proof of Birth is November 10, 2019.**

TEAM SCORING: 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Packet Pickup starts at 7:00AM on race day.

EVENT RESULTS: During competition, event results will be posted at a designated place **at the facility**. In addition, event results will be posted on Athletic.net after the competition.

AWARDS: USATF Junior Olympic medals will be awarded to the top fifteen individuals in each age division.

ADVANCEMENTS-From Association to Nationals: Top 15 individuals and top 2 teams in each age group will advance to the National Championships. Age groups 15-16 and 17-18 will be combined in team scoring only. Team scoring is divided into five divisions for boys and five divisions for girls.

ENTRY FEES & DEADLINES:

Must be completed by November 14, 2019 at 11:00pm CST

ONLY ONLINE ENTRIES AND PAYMENTS WILL BE ACCEPTED. Please visit **athletic.net** to enter

Individual Entries: **\$10.00** per athlete.

*Team Entries: **No charge***

DIRECTIONS & PARKING: Schillings Park

539 SE 25th, Oklahoma City, OK. 73129

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