



## USA Track & Field Three Rivers Association 2017 Cross Country Championship

**Date** 11/12/2017 **Host** USATF Three Rivers  
**Location** Westmoreland Cnty Community College **Director** Chuck Davis  
145 Pavilion Ln, Youngwood, PA 15697 **Email** Chuckdavis\_4@yahoo.com  
**Course Walk** 9:00AM **Phone**  
**First Race** 10:00AM **Website** <http://www.usatf-threerivers.org>

**ENTRY FEES:** Individual Entry: \$10.00/athlete Team Entry: No Charge

**ONLINE REGISTRATION ONLY:** Register online at [www.usatf-threerivers.org/youth](http://www.usatf-threerivers.org/youth)

- 2017 or 2018 Age Verified USATF Membership # required to access online registration.
- Scanned copy or cell pic of b/c should be emailed to: [threeriversusatf@gmail.com](mailto:threeriversusatf@gmail.com)
- **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.

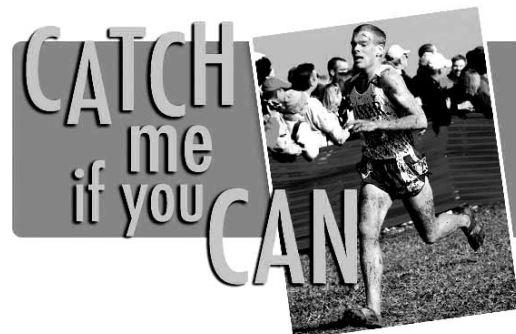
**TRA CHAMPIONSHIP ENTRY DEADLINE:** Athlete Registration will be locked on 11/10/2016 at 9:00 PM (local time)

**AWARDS:** All athletes that compete will receive an award.

**HIGH SCHOOL WAIVERS:** High School athletes that competed in the PA State High School Championship may be waived directly into the Region 2 Meet. **Athletes must email [threeriversusatf@verizon.net](mailto:threeriversusatf@verizon.net) by November 10.**

### YOUTH AGE DIVISIONS FOR INDIVIDUAL COMPETITION

Age Division	Distance
8&Under (born 2009 & later)	2km (1.25miles)
9-10 (born 2007 - 2008)	3 km (1.86 miles)
11-12 (born 2005 – 2006)	3 km (1.86 miles)
13-14 (born 2003 – 2004)	4 km (2.48 miles)
15-16 (born 2001 –2002)	5 km (3.1 miles)
17-18 (born 1999 -2000)	5 km (3.1 miles)



**NOTE:** For purposes of team scoring, all divisions score separately up to the 13-14 age division. The remaining age groups will be a combined 15-18 division for purposes of team scoring only. Athletes in these age divisions will place individually in their own age group.



### Advancement to Region 2 Championship

All athletes that participate in the Three Rivers Association Championship will advance to the Region 2 Meet

**2017 Region 2 XC Championship - Sunday November 19**  
**Westmoreland County Community College**

**2017 USATF National JO XC Meet - Saturday, December 9, Tallahassee, FL**

The top 30 athletes in each division at the Region 2 Championships qualify for the National Championships.  
8U thru 13-14 divisions will advance 5 teams; 15-18 division will advance 10 teams

<http://www.usatf.org/Events---Calendar/2017/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

[www.usatf-threerivers.org](http://www.usatf-threerivers.org)



[www.usatf.org](http://www.usatf.org)

## USATF Three Rivers Association Junior Olympic XC Championship Online Entry Instructions

*this meet is using free online registration at Athletic.net!*

**MEET ID #139427**

**Athlete Registration will be locked on 11/10/2016 at 9:00 PM (local time)**

**Follow the 4 steps below to get started:**

1. [Sign up for a free coach account](#) (if you do not have one)
  - Go to the website: [www.athletic.net](http://www.athletic.net)
  - Click on '[Sign In](#)' in the upper right hand corner, and then click 'Sign Up' on the bottom of that screen.
  - Complete the signup wizard
  - After receiving the confirmation email, go on to #2
2. Add meets to your season calendar
  - Sign In to Athletic.net
  - Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
  - Click "**Add Meet**" above your calendar box
  - Where it says "Meet ID:" enter **139427** and click **Add**
  - Review the information and click **Save and Continue >**
  - You may need to click **Save and Continue >** again
  - Repeat this process for the rest of your season calendar (*You can also add meets by date, if you don't know the Meet ID*)
  - Verify that your calendar is correct. Use the Edit button next to meets to make corrections
3. Enter team roster
  - Open the side menu by clicking on your name.
  - Click on your team and then click "**Edit Athletes**" from the list of links for your team.
  - Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option
4. Register athletes for USATF Three Rivers Association Junior Olympic XC Championship
  - Locate **USATF Three Rivers Association Junior Olympic XC Championship** on your team's main cross country page and click on it
  - On the right under **Team Tools**, click **Register Athletes**.
  - Click **Increment Divisions** to quickly register all your athletes in the first race division,
  - or manually select the race division for each athlete
  - Use the boxes on the bottom of the page to add additional athletes to your roster

**NOTE: You must have an email with confirmation of payment and entry in the event there is an issue with your entry**