

**USATF Three Rivers Association  
Cross Country 2018  
Preliminary Meet #3**

**DATE** Saturday, October 20, 2018 RAIN or SHINE

**LOCATION** Boyce Park (Tanglewood Grove)

**REGISTRATION** 8:30 AM - 9:00 AM

**On-line registration preferred - day of meet registration will be accepted**

**TIME** 9:00 AM - Walk Course  
10:00 AM - First Race

**ENTRY FEE** \$10.00 per athlete      Make checks payable to: PHETC  
Club check, cash or money order only. No personal checks

**SANCTION** Three Rivers Association, USATF

**AWARDS** Medals: places 1 - 3; Ribbons: places 4 – 6

**MEET DIRECTOR** Chuck Carter 412-430-0507      E-mail: [pheaglestrack@aol.com](mailto:pheaglestrack@aol.com)  
Website: [www.pennhillseaglestrackclub.com](http://www.pennhillseaglestrackclub.com)

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**AGE GROUPS**

8 & Under (2K), 9-10 (3K), 11-12 (3K), 13-14 (4K)  
15-16 & 17-18 (5K)

Refreshments Available – Port-O-Johns on Premises

**DIRECTIONS: From Pgh.** – Take Parkway 376 East to Plum Exit – Boyce Park). Make loop (orange belt) and \*\*follow through stop light. Pass #1 Cochran Pontiac Collision on right and Parkway Building on left. Go through 1<sup>st</sup> stop sign and follow down small hill. Bear to right before second stop sign. Follow road for about 1.7 miles to main entrance to Boyce Park on right. Make left and follow road to Tanglewood Grove. **From Turnpike** – take Monroeville Exit. Take Business 22 Monroeville. At major intersection make right at light. Follow directions from (\*\*) asterisk above.

**Return: At main entrance of park make a left. Follow orange belt to 48 South on left. Go through stop sign. Follow road through light and entrance to 376 West is on right..**

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Name \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Club \_\_\_\_\_ Phone \_\_\_\_\_

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all claims for damages I may have against the Penn Hills Eagles Track Club, Penn Hills School District, Penn Hills Township, County of Allegheny, Boyce Park, Three Rivers Athletics Congress Inc, USA Track and Field, its members, meet officials, meet committee and their agents, representatives, successors, and assigns for any and all injuries suffered by me or my child at this meet. I certify that myself or child is an amateur athlete. I further certify that I or my child have trained sufficiently to participate in this meet.

Signed (Athlete): \_\_\_\_\_ Signed (Parent): \_\_\_\_\_  
Date \_\_\_\_\_ Date \_\_\_\_\_

## Penn Hills Eagles Cross Country Meet Online Entry Instructions (#153210)

**Date** 10/20/2018      **Host** USATF Three Rivers  
**Location** Boyce Park      **Director**  
Monroeville 15146      **Email**  
**First Race**      **Phone**  
**Website** <http://www.usatf-threerivers.org/youth>

**Athlete Registration will be locked on 10/19/2018 at 5:00 PM (local time)**

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

**Athletic.net** is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

**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 '**Log 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

- **Log In** to Athletic.net
- Navigate to the **Events page**
- Start typing **Penn Hills Eagles Cross Country Meet** into the Search Box
- Expand the meet card, and find the button to add this meet to your teams calendar
- Repeat this process for the rest of your season calendar (*You can also find meets by date and location*)
- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for Penn Hills Eagles Cross Country Meet

- Locate **Penn Hills Eagles Cross Country Meet** on your team's main Cross Country page and click on it
- Click "**Register Athletes**"
- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).
- Use the "Add an athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.