



**2018 CROSS-COUNTRY MEET**

**USATF Sanctioned Meet**

**DATE: Saturday, October 27, 2018 LOCATION: Moraine State Park, South Shore, Pleasant Valley Road.**

**RAIN OR SHINE Pleasant Valley Beach Area**

**TIME: Registration: 8:00 AM – 8:30 AM;**

**Walk Course – 8:30 AM; First Race – 9:30 AM (Starting with 8-under)**

**ENTRY FEE: \$12.00 per runner**

**Online Registration:**

**Entry fees will not be charged online. Payment will be collected at the meet.**

**Day of meet registration will be accepted but Liability Waiver must be electronically signed online for all competing athletes.**

**The course is grass and some gravel, small rolling hills.**

**SANCTION - Three Rivers Association, USATF**

**AWARDS: - Medals places-1 – 6**

**MEET DIRECTOR: Joella Baker (724)321-4265**

**DIRECTIONS: From Pgh. – North on I-79, Take the Portersville Exit. Make a right. Follow about 1 mile to Pleasant Valley Road. Make a left onto Pleasant Valley Road. Follow all the way to Pleasant Valley Beach area and the big parking lot on the right.**

**8 and under Boys & Girls 2 Kilometers 1.2 Miles**

**9 to 10 Boys & Girls 3 Kilometers 1.86 Miles**

**11-12 Boys & Girls 3 Kilometers 1.86 Miles**

**13 to 14 Boys & Girls 4 Kilometers 2.4 Miles**

**15 and older Boys & Girls 5 Kilometers 3.1 Miles**

**Open/Adult Race 5 Kilometers, 3.1 Miles**

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.

**FREE REFRESHMENTS for all athletes, donations for food accepted for all non-athletes, RESTROOMS ON PREMISES**

**COME DRESSED TO RUN!**

**Detach and return Get Fit Families on race day or mail to: Get Fit Families, 213 High Acres Road, Harmony, PA 16037 – please print**

**Name \_\_\_\_\_ DOB \_\_\_\_\_**

**Gender (circle) Boy Girl**

**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 Get Fit Families, GFF Running Club, Moraine State Park, Three Rivers Association, USATF, 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 my child or I have trained sufficiently to participate in this meet.*

**Signed \_\_\_\_\_**

**Signed \_\_\_\_\_**

**Signature Athlete Signature Parent/Guardian(required) Date**

**Entry Fee Paid \_\_\_\_\_ BIB # \_\_\_\_\_**

## Get Fit Families CrossCountry Meet Online Entry Instructions (#154106)

**Date** 10/27/2018 **Host** USATF Three Rivers  
**Location** Moraine State Park **Director**  
Pleasant Valley Road, Portersville 16051 **Email**  
**First Race** **Phone**  
**Website** <http://www.usatf-threerivers.org/youth>

**Athlete Registration will be locked on 10/26/2018 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 **Get Fit Families CrossCountry 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 Get Fit Families CrossCountry Meet
  - Locate **Get Fit Families CrossCountry 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.