

PACER TRACK CLUB 2018 CROSS-COUNTRY MEET

DATE: Saturday October 13, 2018
LOCATION: Mingo Creek Park-Shelter #6
RAIN OR SHINE

TIME: Registration: 8:00AM – 8:30 AM; **Online Registration Preferred/same day accepted**

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

ENTRY FEE: \$10.00

SANCTION - Three Rivers Association, USATF

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

MEET DIRECTOR: Steve Meddings, 1506 Jenkins Drive, Upper St. Clair, PA 15241; 724-301-8101 Email: stevemeddings@gmail.com

DIRECTIONS: From Pgh. – South on I-79, take exit 43, turn right onto Rt. 519 South toward Eighty-Four approx. 7 miles to Rt. 136, turn left (east) on 136 approx. 4 ¼ miles to Mingo Creek Park entrance on left and then follow posted signs to race area

From I-70 – Take the Eighty-Four exit; take Rt. 519 North to Rt. 136, turn right (east) on 136 approx. 4 ¼ miles to Park entrance and then follow posted signs.

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

REFRESHMENTS AVAILABLE, RESTROOMS ON PREMISES

COME DRESSED TO RUN!

Detach and return – 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 Bethel Park School District, Bethel Park Recreation Track Club, Pacer Track Club, Washington County Recreation, 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 _____ **Date** _____
Signature Athlete Signature Parent/Guardian(required)

Entry Fee Paid _____ **BIB #** _____

Pacer Cross Country Meet Online Entry Instructions (#154105)

Date 10/13/2018 **Host** USATF Three Rivers
Location MINGO PARK **Director**
232 Mingo Creek Road, **Email**
Eighty Four 15330
First Race **Phone**

Website <http://www.usatf-threerivers.org/youth>

Athlete Registration will be locked on 10/12/2018 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
 - 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 **Pacer 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 Pacer Cross Country Meet
 - Locate **Pacer 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.