



# USA Track & Field Three Rivers Association 2018 Cross Country Championship

**Date** 11/11/2018 **Host** USATF Three Rivers  
**Location** Mingo Creek Park **Director** Chuck Davis  
 Shelter #6 **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)**

- 2018 or 2019 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.

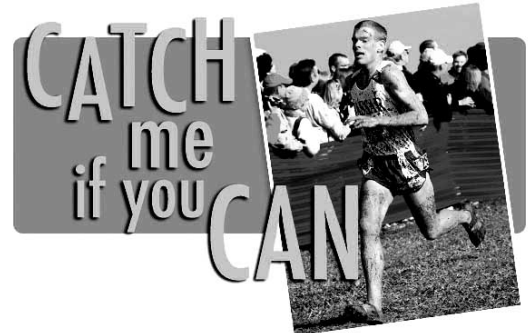
**TRA CHAMPIONSHIP ENTRY DEADLINE: Athlete Registration will be locked on 11/9/2018 at 6:00 PM (local time)**

**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

**2018 Region 2 XC Championship - Sunday November 18**  
Shank Park, Hummelstown, PA

**2018 USATF National JO XC Meet - Saturday, December 8, Reno, NV**  
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/2018/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 #154107**

**Athlete Registration will be locked on 11/9/2018 at 6:00 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 USATF Three Rivers Association Junior Olympic Cross Country Championship 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 USATF Three Rivers Association Junior Olympic Cross Country Championship

- Locate USATF Three Rivers Association Junior Olympic Cross Country Championship 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.

### Directions to Mingo Creek Park:

**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.