



**USATF Three Rivers Association  
2019 Open & Masters  
Cross Country Championship**

**Date** 11/9/2019  
**Location** Mingo Creek Park, Shelter #6  
**Course Walk** 9:00AM  
**First Race** 10:00AM

**Host** USATF Three Rivers  
**Director** Mark Schwartz  
**Email** [mschwartzusatf@yahoo.com](mailto:mschwartzusatf@yahoo.com)  
**Phone** (412) 362-5511  
**Website** <http://www.usatf-threerivers.org>

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

**ONLINE REGISTRATION:** <https://www.athletic.net/CrossCountry/meet/166636/register> (instructions on page 2)

**Note: The system is set-up to allow club athletes to register themselves. If you are attached to a club and are having difficulty registering, register as unattached.**

- 2019 or 2020 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:**

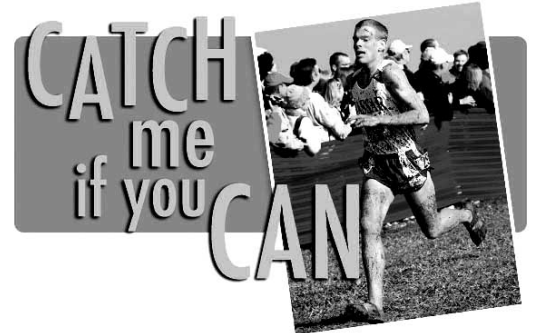
**Athlete Registration will be locked on 11/7/2019 at 6:00 PM (local time)**

**AWARDS:** 1<sup>st</sup> to 3<sup>rd</sup> in each age division

**RACE SCHEDULE:** There is no set time schedule.  
**Races will be run on a running schedule.**

**YOUTH AGE DIVISIONS FOR INDIVIDUAL COMPETITION**

Age Division	Distance
8&Under (born 2010 & later)	2km (1.25miles)
9-10 (born 2008 - 2009)	3 km (1.86 miles)
11-12 (born 2006– 2007)	3 km (1.86 miles)
13-14 (born 2004 – 2005)	4 km (2.48 miles)
15-16 (born 2002 –2003)	5 km (3.1 miles)
17-18 (born 2000 -2001)	5 km (3.1 miles)



**NOTE: Open & Masters will run with the 15-18 division 5K**



## USATF Three Rivers Association Open & Masters XC Championship

**Athlete Registration will be locked on 11/7/2019 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 Open & Masters 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 Open & Masters Cross Country Championship
  - Locate USATF Three Rivers Association Open & Masters 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.