



**USATF Three Rivers Association
2020 Open & Masters Cross Country Championship**

Date 11/14/2020

Location Mingo Creek Park, Shelter #6

Course Walk 9:00AM

First Race 10:00AM

Host USATF Three Rivers

Director Mark Schwartz

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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/185173/register>

TRA CHAMPIONSHIP ENTRY DEADLINE: Registration locked Thursday November 12 – 6:00pm

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.

- 2020 or 2021 Age Verified USATF Membership # required to access online registration.

B/C must be uploaded into the USATF Membership database under your athlete profile

- **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.

AWARDS: 1st to 3rd in each age division

RACE SCHEDULE: There is no set time schedule.



This meet is run in combination with the Junior Olympic Championship. The 5K race is the last race. Meet staff will determine if any races will be combined with athlete safety first.

YOUTH AGE DIVISIONS FOR INDIVIDUAL COMPETITION

Age Division Distance

| | |
|-----------------------------|-------------------|
| 8&Under (born 2012 & later) | 2km (1.25miles) |
| 9-10 (born 2010 - 2011) | 3 km (1.86 miles) |
| 11-12 (born 2008– 2009) | 3 km (1.86 miles) |
| 13-14 (born 2006 – 2007) | 4 km (2.48 miles) |
| 15-16 (born 2004–2005) | 5 km (3.1 miles) |
| 17-18 (born 2002 -2003) | 5 km (3.1 miles) |

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

