



USATF THREE RIVERS ASSOCIATION CHAMPIONSHIPS

DATE: NOVEMBER 11, 2023

LOCATION: WHITE OAK PARK,
White Oak Park Ext,
White Oak, PA 15131

Entry Fee: \$12 per athlete (\$15 after 6:00 PM 11/8/2023) **Deadline 11/9/2023 @ 12:00 PM**

Registration: All athletes must be pre-registered via athletic.net.

- **All athletes must have a current USATF membership and be age verified via USATF Connect.**

TIME: 8:00 AM – Bib Pick Up

8:30 AM – Course Walk will be conducted by race divisions

9:20 AM – First race beginning with 8 and Under (2k) then a rolling start for each race.

- may combine boys and girls within an age group
- 5k race will contain the 15-18 age group, open, and master's divisions

Course: This is a rolling course with some hills. All grass or trails. Spikes can be worn.

Awards: Medals will be given for places 1-3 and for all National Qualifiers

Advancement: There are no Regional Junior Olympic Championships for Region 2 this year. The top 15 athletes and the top 2 teams (5 runners minimum) in each gender per age group will advance directly to the National Junior Olympics.