



USA Track & Field Three Rivers Association 2025 Cross Country Championship

November 8th – White Oak Park, White Oak PA (Magnolia Shelter)

Packet/Bib/Chip Pickup: 8:00-8:45AM Course Walk: 9:00AM First Race: 10:00AM

ENTRY FEES: Individual Entry: \$12.00/athlete Team Entry: No Charge

ONLINE REGISTRATION ONLY: Register Online at <https://www.athletic.net/CrossCountry/meet/264616/info>
Age Verification and USATF Membership # required to access online registration.

TRA CHAMPIONSHIP ENTRY DEADLINE: Online Entry Closes Thursday November 6, 12:00 Midnight

Course Description: The course is entirely grass and dirt featuring a wide-open layout that makes it perfect for spectators to view championship style races. It has a challenging layout with one large hill and rolling hills.

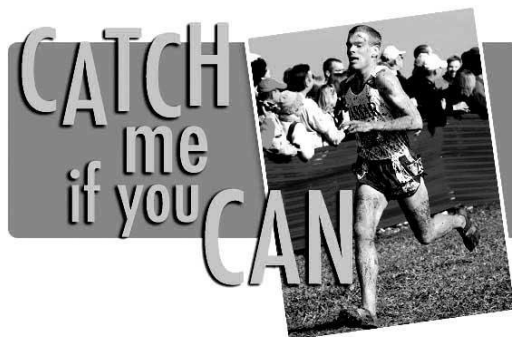
ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership and Age Verification is required to compete. Proof of Birth (Birth Certificate) is required and must be uploaded into USATF Connect to access online registration. Process may take a couple of days, please plan accordingly.

HIGH SCHOOL WAIVERS: High School athletes who have a conflict with their state high school championship, or any athlete who has death in the immediate family, SAT/ACT may be waived directly to the Region 2 Meet. Athletes (coaches or parents) must email their association youth chair or nadiatrackfam@gmail.com to request waiver. Deadline to request a waiver is November 9.

YOUTH AGE DIVISIONS FOR COMPETITION

8 UNDER BORN 2017 & LATER	2K (1.24 MILES)
9-10 BORN 2015-2016	3K (1.86 MILES)
11-12 BORN 2013-2014	3K (1.86 MILES)
13-14 BORN 2011-2012	4K (2.49 MILES)
15-18 BORN 2007-2010	5K (3.11 MILES)



Advancement to Region 2 Championship



All athletes that participate in the Three Rivers Association Championship will advance to the Region 2 Meet

2025 Region 2 XC Championship – Saturday November 22
White Oak Park, White Oak PA

2025 USATF National JO XC Meet - Saturday, December 13TH
Shelbyville, Indiana

The top 30 athletes and 5 teams at the Region 2 Championships will qualify for the National Championships.

<https://www.usatf.org/events/2025/2025-usatf-national-junior-olympic-cross-country-c>

www.usatf-threerivers.org



www.usatf.org