



**2016 USATF SOUTHERN
ASSOCIATION/REGION 6
JUNIOR OLYMPICS
CROSS COUNTRY CHAMPIONSHIPS
SATURDAY NOVEMBER 19th, 2016
Veterans Park Hoover, Alabama**



AGE DIVISIONS

SCHEDULE

Age Division	Distance	Time
Masters & Open	5 km (3.1 miles)	8:00 A.M.
8&under (2008 and later)	3 km (1.86 miles)	Boys – 9:00 A.M. Girls – 9:30 A.M.
9-10 (born 2006-2007) 11-12 (born 2004-2005)	3 km (1.86 miles)	Boys –10:00 A.M. Compete together Scored Separately Girls – 10:30A.M.
13-14 (born 2002-2003)	4 km (2.48 miles)	Boys –11:00 A.M. Girls – 11:30 A.M.
15-16 (born 2001-2000)	5 km (3.1 miles)	Boys – 12:00 Noon Girls – 12:45 P.M. Compete Together Scored Separately
17-18 (born 1998-1999)	5 km (3.1 miles)	Boys – 12:00 Noon Girls – 12:45 P.M. Compete Together Scored Separately

UNLIMITED ENTRIES FOR TEAMS AND INDIVIDUAL IN THE REGION MEET.

TOP 30 ATLETES IN EACH AGE GROUP AND TOP 5 TEAMS WILL QUALIFY TO THE NATIONAL MEET IN HOOVER, ALABAMA DECEMBER 10th, 2016

ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted to membership chair if not previously verified. Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be must be affiliated with that club as part of their USATF membership. Only athletes listed on the team roster will be eligible to represent the club at the USATF Association Regional and National Championships.

TEAM SCORING: 8 athletes on the team entry may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition chest-high on the front of their jerseys. Bib numbers will be picked up Saturday November 19th, 2016 (day of meet) at the meet site.

EVENT RESULTS: Results will be posted at USATF Alabama Website (al.usatf.org), alabamarunners.com and usatf.org

AWARDS: USATF Junior Olympic medals to top ten individuals in each age division.

ADVANCEMENTS: Top 30 individuals and top 5 teams from each age group will advance to the USATF National Championships. Entries for the National JO Meet will be done on line at (athletic.net). You will be given instructions for registration at the meet if you qualify for the National JO Cross Country Meet. **National Meet Hoover, Alabama, December 10, 2016**

ENTRY FEES & DEADLINES:

[YOUTH On-Line Registration:athletic.net](http://athletic.net) Must be completed by Thursday November 17, 2016 (12:00 NOON CST. ALABAMA WILL REGITER ON REGION 16 SINCE WE HOST NATIONAL MEET.

Youth Individual Entries: \$7.00 per athlete.

Open and Master's start @ 8:00 AM – Registration Fee \$15.00; Deadline for registration is 7:30 am on day of meet. You may send entries to Mary Birdwell 2430 Rockcreek Road, Hoover, AL 35226. Make checks payable USATF Alabama or email entries to trakbird2@bellsouth.net and pay at the meet.(Open and Master's Only)

USATF Membership: Verification must be completed before you can enter the meet (see above). New memberships purchased after November 1st will be good until December 31st 2017 Membership Contact: Mary Birdwell, 2430 Rockcreek Road, Hoover, AL 35226 or (trakbird2@bellsouth.net) phone 205.919-2825

New rules for team competition adopted in 2015 will be used in 2016 Cross Country Championships this year.

There will 5 Divisions competing for team championships as follows:

8 and Under Boys and Girls

9-10 Boys and Girls

11-12 Boys and Girls

13-14 Boys and Girls

15-18 Boys and Girls

Even though boys and girls in 15-18 will compete together for the team championship, the athlete will compete for individual awards in their age groups. There will be 6 divisions for Individual awards.

8 and Under Boys and Girls

9-10 Boys and Girls

11-12 Boys and Girls

13-14 Boys and Girls

15-26 Boys and Girls

17-18 Boys and Girls

