



Saturday, November 23, 2019
 Apalachee Regional Park
 7550 Apalachee Pkwy
 Tallahassee, FL 32311

SCHEDULE & AGE DIVISIONS:

| Age Division | Distance | Start Time Girls | Start Time Boys |
|---------------------------|-------------------|------------------|-----------------|
| 8 & Under (born 2011+) | 2 km (1.24 miles) | 9:00 AM | 9:30 AM |
| 9 & 10 (born 2009-2010) | 3 km (1.86 miles) | 10:00 AM | 10:30 AM |
| 11 & 12 (born 2007-2008) | 3 km (1.86 miles) | 11:00 AM | 11:30 AM |
| 13 & 14 (born 2005 –2006) | 4 km (2.48 miles) | 12:00 AM | 12:30 AM |
| 15 & 16 (born 2003 –2004) | 5 km (3.1 miles) | 1:00 PM | 1:30 AM |
| 17 & 18 (born 2001-2002) | 5 km (3.1 miles) | 1:00 PM | 1:30 AM |

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 prior to registration and participation.

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.

TEAM SCORING: 8 athletes on the team entry/declaration form 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 in the team packets. Packets will be available for pick-up on the day of event from 7:00 AM to 12:00 PM.

EVENT RESULTS: Event results will be posted at <http://florida.usatf.org/Administrative-and-Sports/Committees/Youth/Youth-Schedule.aspx>.

AWARDS: USATF Junior Olympic medals will be awarded to the top 30 individuals in each age division. The top 3 teams in each division will also receive medals. **Awards will not be mailed to the athlete's home.** It is the responsibility of the athlete, coach or parent to pick up awards before leaving the meet.

ADVANCEMENTS - From Regionals to Nationals: Top **30** individuals and top **5** teams in each age group will advance to the Junior Olympic Cross Country Championships. The Junior Olympic Cross Country Championships will be held on **Saturday, December 14, 2019 at Yahara Hills Golf Course - Madison, WI.**

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by **Saturday, November 16, 2019 at 11:59PM**

ONLY ONLINE ENTRIES WILL BE ACCEPTED. Please visit **athletic.net** to enter

Individual Entries: On-Time) **\$15.00** per athlete.

*Team Entries: **No charge***

PAYMENTS: The online entry system accepts all credit cards, however USATF prefers VISA.

Parking: Free parking will be available onsite.

Club Administrators and Unattached Athletes should register online at <http://athletic.net> by **November 20, 2019 at 11:59pm**. Online registration opens **September 22, 2019**. **Fees must be paid online by the close of registration. USATF prefers VISA.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

Valid 2019 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via email at membership@florida.usatf.org) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

Contact:

Meet Director: Tammy King-Foster

For questions, contact at: xc@florida.usatf.org

Youth Chair: Bayardo Sinclair

For questions, contact at: youth@florida.usatf.org