

2018 USATF MONTANA ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS

Start Race Schedule

<u>Age Division</u>	<u>Distance</u>	<u>Start Time</u>
8 & under (born 2010+) Girls & Boys	2 km (1.24 miles)	12:00 PM
11 & 12 (born 2006-2007) Boys	3 km (1.86 miles)	12:30 PM
9 & 10 (born 2008-2009) Boys	3 km (1.86 miles)	12:30 PM
11 & 12 (born 2006-2007) Girls	3 km (1.86 miles)	1:00 PM
9 & 10 (born 2008-2009) Girls	3 km (1.86 miles)	1:00 PM
13 & 14 (born 2004 –2005) Girls	4 km (2.48 miles)	1:30 PM
13 & 14 (born 2004 –2005) Boys	4 km (2.48 miles)	1:30 PM
15 & 16 (born 2002–2003) Boys	5 km (3.11 miles)	2:00 PM
17 & 18 (born 2000-2001) Boys	5 km (3.11 miles)	2:00 PM
15 & 16 (born 2002–2003) Girls	5 km (3.11 miles)	2:00 PM
17 & 18 (born 2000-2001) Girls	5 km (3.11 miles)	2:00 PM
Open (19+) Male & Female	5 km (3.11 miles)	2:00 PM
Masters (40+) Male & Female	5 km (3.11 miles)	2:00 PM

Important Notes to Remember:

- 1. Course preview** is open on Saturday, November 3, starting at 10:00 AM, unless frost remains on the course.
- 2. Competition shoes/spikes** with only 1/4", (or smaller) pyramid spikes are permitted, but not required.
- 4. Team tents** can be placed on the driving range, south of the clubhouse and on the west side of the trees.
- 5. Bib numbers** with timing chips to be pinned at all four corners and placed on the front --- do not CRUMBLE, CRINKLE OR DAMAGE THE BIB NUMBER BEFORE START OF THE RACE!
- 6. Athlete check-in** will begin 20 minutes prior to the start of each race with the clerk of course (USATF tent near the starting line). All athletes must check in before racing. Do not wait until the last minute, or the race might start without you.
- 7. Refreshments for athletes**, provided by our friends at the Governor's Cup, will be available at the finish line. We have enough Gatorade, Granola Bars and Fruit Snacks to provide one of each to every participant. Please take only one of each after your race.
- 8. Food** will be available for purchase at Muni's Sports Grille, which is connected to the clubhouse, from 9 a.m. to 9 p.m. You can also bring your own food and snacks.
- 9. Awards** will be presented to the top 15 in each Junior Olympic age division and top 5 open and masters. Tentative time for the awards ceremony is 2:30 PM, next to the clubhouse. (NOTE: 15-16 and 17-18 athletes are scored together in team competition, but each age division will have top 15 finishers)
- 10. Results** will be posted at the venue, Competitive Timing and www.vigilanterunning.org/joxc. Top 15 individuals and top 2 teams in each J.O. division qualify for the National Junior Olympic Cross-Country Championships on December 8 in Reno, Nev.

Thank you to meet sponsor

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Helena Vigilante Runners