

RACE SCHEDULE & AGE DIVISIONS:

<i>Age Division</i>	<i>Distance</i>	<i>State Time</i>
8 & Under (born 2011+) Girls & Boys	2 km (1.24 miles)	12:00 PM
11 & 12 (born 2007-2008) Boys	3 km (1.86 miles)	12:30 PM
9 & 10 (born 2009-2010) Boys	3 km (1.86 miles)	12:30 PM
11 & 12 (born 2007-2008) Girls	3 km (1.86 miles)	1:00 PM
9 & 10 (born 2009-2010) Girls	3 km (1.86 miles)	1:00 PM
13 & 14 (born 2005-2006) Girls	4 km (2.48 miles)	1:30 PM
13 & 14 (born 2005-2006) Boys	4 km (2.48 miles)	1:30 PM
15 & 16 (born 2003-2004) Girls	5 km (3.1 miles)	2:00 PM
17 & 18 (born 2001-2002) Girls	5 km (3.1 miles)	2:00 PM
15 & 16 (born 2003-2004) Boys	5 km (3.1 miles)	2:00 PM
17 & 18 (born 2001-2002) Boys	5 km (3.1 miles)	2:00 PM
Open (19+) Male & Female	5 km (3.1 miles)	2:00 PM
Masters (40+) Male & Female	5 km (3.1 miles)	2:00 PM

Note: Age divisions are based on date of birth as of December 31, 2019. Races may be combined pending the number of participants entered in each race. See current schedule above for tentative start time of each race. Start time for each race may be moved back to accommodate races being separated should numbers require it. Make sure to check on any updates of start times for each race on Friday, November 9, 2019.

ENTRY FEES & DEADLINES:

Junior Olympic Athletes (18 and under): Online registration at www.athletic.net opens on October 1, 2019 and closes on Thursday, November 7, 2019 at 11:59 PM (MST). Entries: \$10.00 per athlete.

Open and Masters: Online registration at www.athletic.net opens on October 1, 2019 and closes on Thursday, November 7, 2019 at 11:59 PM (MST). Entries: \$10.00 per athlete.

AWARDS: USATF Junior Olympic medals will be awarded to the top 15 individuals, top two teams in each age division, and top three individuals in Open and Masters division(s). Presentation of awards and photos will be presented following each race.

ADVANCEMENTS: Top fifteen (15) individuals and top two (2) teams in each age group will advance to the National Junior Olympic Championships. The National Championships will be held on Saturday, December 14, 2019 in Madison, WI. Information for Junior Olympic championships is available at: <http://www.usatf.org/Events---Calendar/2019/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>.

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. Contact Jesse Zentz, Meet Director if you have a scoring team that is trying to qualify for the National Junior Olympic Cross Country Championships.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jersey and be pinned at all four corners. Bib numbers and athlete packets may be picked up at the athlete check-in area on the day of competition starting at 10:00 AM Saturday, November 9, 2019.

FAT AUTOMATIC TIMING: Timing and results will be provided by Liza Denney (Butte Track Club) for all races with a timing chip embedded in the athlete's bib number. DO NOT WRINKLE, CRUMBLE OR DAMAGE the competition bib number prior to the start of the race your competing in.

EVENT RESULTS: During competition, event results will be posted at the awards stand. In addition, event results will be posted at www.athletic.net and at www.vigilanterunning.org/joxc.

CHAMPIONSHIP SHIRTS/APPAREL: Junior Olympic Cross Country Championship apparel will be available for purchase at the event from Universal Athletic.

COURSE PREVIEW: Venue will be open at 10:00 AM Saturday, November 9, 2019. (Note: If there is frost on the course, it will remain closed until meet officials announce that it is open). Athletes are welcome to set up tents on the driving range, which is indicated on the venue map.

COMPETITION SPIKES: The venue consists primarily of grass turf. Only competition shoes with 1/4" (or smaller) pyramid spikes are permitted, but not required.

2019 USATF MEMBERSHIP: A 2019 USATF membership is required prior to proceeding with online registration for Junior Olympic participants and may be obtained by going online at www.usatf.org. Under "Product/Services" apply for membership. Open and master's participants ***are not*** required to obtain a USATF membership, unless vying for Association championships awards.

NOTE: Athletes who intend to compete as part of a team should first check with your coach or club manager, as many clubs offer assistance with the USATF membership process and can manage new registrations and renewals through the USATF club portal.

For Junior Olympic participants, if you join after November 1, 2019 (1:00 AM MT) of the current year, your membership will be valid for 2020, as well. Athletes who are former USATF members should make sure to renew their membership, instead of applying for new membership to avoid having to provide proof of age again. Proof of age is ***not required*** of Open and Masters participants.

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.

For first-time USATF members, before registration please ensure that the membership chair has received (via mail or fax) 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.

Membership Chair Greg Mohl or Youth Chair
Jesse Zentz
Phone: (406) 425-1951 or (406) 422-3039
Address: USATF Montana, PO Box 7, Red Lodge, MT 59068
E-Mail Address: mohl@vcn.com or
youth@montana.usatf.org

Club Administrators and Unattached Athletes should register online at www.athletic.net prior to Thursday, November 7, 2019 at 11:59 PM (MT). Late entries will not be allowed. Online registration opens October 1, 2019. Fees must be paid online by the close of registration. Accuracy of data entered is the responsibility of each club and/or athlete.

CONTACT: For more information, race schedule, directions to venue and maps visit www.vigilanterunning.org/joxc or contact Jesse Zentz, Meet Director at (406) 422-3039, e-mail address: youth@montana.usatf.org.