

**USATF
NORTH CAROLINA
STATE
JUNIOR OLYMPIC
CROSS COUNTRY
CHAMPIONSHIPS**

Press Release
for Sports Department



SUNDAY, NOVEMBER 2, 2008

Your First Step to the Nationals

You must compete in the State Meet in order to advance.

TIME: 1:30 PM

SITE: HAGAN STONE PARK, GREENSBORO, NC

All ages and abilities!!

For Information:

www.greensboropacesetters.com

ADVANCEMENT:

TOP 25 PLACES TO THE REGIONAL CHAMPIONSHIPS, TOP 3 TEAMS

Advancement to Nationals

USATF Regional Junior Olympic Cross Country Championships

Saturday, November 22, 2008 Pole Green Park, Mechanicsville, Virginia

Top 20 Places

The first 20 individual finishers and the first three teams in each age division for Both boys and girls in the regional competitions qualify for the National Championships.

Saturday, December 13th -

USATF National Junior Olympic Cross Country Championships

Pole Green Park, Mechanicsville, Virginia

USTAF MEMBERSHIP IS REQUIRED AND MUST BE
PURCHASED ONLINE IN ADVANCE. WWW.USATF.ORG
YOU MUST HAVE A CURRENT NUMBER BEFORE YOU COMPETE
2008 NUMBERS STILL WORK.

AGE GROUPS

Sub-Bantam (Born 2000 or later)
ADVANCE ONLY TO REGIONALS- SUB BANTAM

Bantam (Born 1998 and later)

Midget (Born 1996 - 1997)

Youth (Born 1994 - 1995)

Intermediate (Born 1992 - 1993)

Young M/W (Born 1990 - 1991)

XC DISTANCE

2k

3k

3k

4k

5k

5k



SCHEDULE:

1:30 PM ALL 5K RACES

2:00 PM YOUTH 4K

2:30 PM MIDGET 3K

3:10 PM BANTAM & SUB 2K(IMMEDIATELY AFTER)

**TEAM Competition: TEAMS MUST BE USATF CLUBS, IF YOU WOULD LIKE TO
START YOUR OWN CLUB, LET US KNOW In Advance**

**ENTRY FEES: \$5.00 per athlete IN ADVANCE, I must have your team
entries by October 24, Friday at snoopytrac@aol.com Do not send them late.
For advance entries, I need team by age group and sex
Name, year born, You can bring the green forms to the meet.**

\$8.00 RACE DAY Registration,

INFORMATION: CHARLIE BROWN, MEET DIRECTOR

GREENSBORO PACESETTERS TRACK CLUB

Email only snoopytrac@aol.com

www.greensboropacers.com

REGISTRATION PROCESS

- 1. HAVE YOUR USATF NUMBER WITH YOU**
- 2. REGISTER FOR THE MEET BEFORE OCT. 24 OR ON RACE DAY**
- 3. FILL OUT GREEN REGIONAL ENTRY FORM BEFORE YOU LEAVE**
- 4. PAY FOR AND REGISTER FOR REGIONAL BEFORE YOU LEAVE MEET**
- 5. BRING A COPY OF YOUR BIRTH CERTIFICATE WITH YOU!!**