



2018 USATF Dakotas Association Junior Olympic, Open, Master's Cross Country Championships

Saturday, November 3rd, 2018
Aberdeen, SD

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 & Under (born 2010+)	2 km (1.24 miles)	1:00 Boys & Girls together
9 & 10 (born 2008-2009)	3 km (1.86 miles)	1:15 Boys & Girls together
11 & 12 (born 2006-2007)	3 km (1.86 miles)	1:15 Boys & Girls together
13 & 14 (born 2004 -2005)	4 km (2.48 miles)	1:45 Boys & Girls together
15 & 16 (born 2002-2003)	5 km (3.1 miles)	1:45 Boys & Girls together
17 & 18 (born 2000-2001)	5 km (3.1 miles)	1:45 Boys & Girls together

*9&10 – 11&12 Age groups will run together (awards will be given out based on their age groups.
4K & 5K will race together – 5 K will have a 1K loop to finish at the end.

Open & Master's Athletes – Please email Lynne Dingman to register. (online entry is only for youth athletes)

NEW MEMBERS: 1. Please go to USATF.org and obtain your youth membership. (after Nov.1 – good for all of 2019!)
2. Please submit your proof of age to Lynne.
3. Please go to Athletic.net and enter into the meet.

RETURNING MEMBERS:

1. **MUST HAVE CURRENT USATF MEMBERSHIP**
2. **PLEASE GO TO ATHLETIC.NET AND ENTER INTO THE MEET.**

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 distributed to athletes (**Bib pick-up will be available at the North Soccer Concession Stand starting at Noon.**)

EVENT RESULTS: Will be posted on Athletic.net.

AWARDS: USATF Junior Olympic medals will be awarded to the top fifteen individuals in each age division.

ADVANCEMENTS-From Association to Nationals: : Top 15 individuals and top 2 teams in each age group will advance to the National Championships. Age groups 15-16 and 17-18 will be combined in team scoring only, the top 4 teams will advance. The National Championships will be held on Saturday, December 8th in Reno, NV

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by noon on Friday, November 2nd.

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

Individual Entries: **\$10.00** per athlete.

Team Entries: **No charge**

PAYMENTS: The online entry system accepts all credit cards.

DIRECTIONS & PARKING: 1202 10th Ave SE – Moccasin Creek Soccer Complex

CONTACT: Lynne Dingman 605-216-7167, lynnenacke@yahoo.com

Club Administrators and Unattached Athletes should register online at <https://www.athletic.net/CrossCountry/meet/153785/> register by November 2nd by noon. **Late entries will not be allowed.** Online registration opens October 9th. **Fees must be paid online by the close of registration.** 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 2018 USATF Membership and Proof of Birth is required for participation. 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: Lynne Dingman

Email: lynnenacke@yahoo.com **Cell:** 605-216-7167

Fax: 605-226-2877

For questions, contact at: Please feel free call or text any questions to Lynne.