

# USATF-Montana Association

## Cross Country State Championships

### Jr. Olympic • Open • Masters

Saturday, November 5, 2011, Bozeman



- T-shirts, Hats, Water Bottles, Medals, Prizes and USA Track & Field Apparel.
- Four courses (3K, 4K, and 5K) to challenge your wits on the Bridger Creek Golf Course.
- Age group divisions: "Junior Olympics", "Open" and "Masters".

- Qualifier for National Cross Country Championships on December 10, 2011 in Myrtle Beach, South Carolina
- Participants may compete individually or as a sanctioned cross-country team.



***"Cross Country, still one of the purest forms of sport in the World!"***

## AGE DIVISIONS & RACE DISTANCES

Sub-Bantam	(Born 2003 & later)	2000 Meters	1.24 Miles
Bantam	(Born 2001 - 2002)	3000 Meters	1.86 Miles
Midget	(Born 1999 - 2000)	3000 Meters	1.86 Miles
Youth	(Born 1997 - 1998)	4000 Meters	2.48 Miles
Intermediate	(Born 1995 - 1996)	5000 Meters	3.10 Miles
Young Men/Women	(Born 1993 - 1994)	5000 Meters	3.10 Miles
Open (19+)	(Born 1995 or later)	5000 Meters	3.10 Miles
Masters (40+)	(Born 1969 or later)	5000 Meters	3.10 Miles



## AWARDS

### **USA Track & Field Awards:**

Gold, silver, and bronze medals will be awarded to the top ten (10) places of the six age divisions for "Junior Olympic" division. Gold, silver, and bronze medals awarded to the top three (3) finishers in the "Open" and "Master's" divisions. T-shirts, hats, and prize drawings will also be available.

### **2011 Montana "State Champ" Awards:**

Specially embroidered "State Champion" shoe bags will be awarded to the top male and female athletes in each individual cross-country race for all three age groups, including all Junior Olympic age divisions.

### **"Open" and "Masters" State Championships:**

Gold, silver, and bronze medals awarded to the top three finishers in each age group division. Entry forms for open and masters available by contacting Dave Skelton at (406) 587-7698.

## VENUE INFORMATION

All three courses (3K, 4K, 5K) consist of more than one lap, each containing different combinations. All age groups will start and finish at the same points on the course. However, particular attention must be given to running the correct course after the start, based on the participant's age division. Each course contains a variety in terrain and topography consisting of both hills and flat sections. The majority of each course is on groomed turf and cart paths. There are no physical obstacles or water obstructions to maneuver through or over. First race will start at 11:00 AM.

## JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

Top ten (10) individual finishers and top cross-country team, both male and female, in each "Junior Olympic" age division, except for the sub-bantam division, qualify for the National Junior Olympic Cross Country Championships to be held on December 10, 2011 at Myrtle Beach, SC – Whispering Pines Golf Course

## USATF MEMBERSHIP CARDS

Entry fee is \$10.00 and all Junior Olympic participants must have a 2011 USATF membership card (\$10.00 for remainder of 2011) or (\$20.00 including 2012) and proof of age verified to participate in the Association Cross Country Championships --- not required for Open and Masters. Individual cross-country runners are welcome. Cross-country teams must be members of a USATF sanctioned club. For information regarding online registration, USATF membership, and verification of age go to [www.bozemantrackclub.org](http://www.bozemantrackclub.org). Application for membership cards and/or club status (\$30.00) is easily attainable from the Registration Chairman three weeks prior to the meet at USATF-Montana Association, PO Box 7, Red Lodge, MT 59068. USATF membership also available immediately on the national website at [www.usatf.org](http://www.usatf.org), which is the recommended method.

## ENTRY FORM APPLICATIONS

Online registration, guidebook, membership applications, schedule of events, and information about the Junior Olympic program may be accessed at [www.bozemantrackclub.org](http://www.bozemantrackclub.org). Deadline for online registration at [www.coacho.com](http://www.coacho.com) is 5:00 PM (MST) on Wednesday, November 2, 2011. Contact Dave Skelton, Bozeman Track Club for more information at [bztclub@bresnan.net](mailto:bztclub@bresnan.net), mailing address: P.O. Box 651, Bozeman, MT 59771, phone (406) 587-7698, evenings only.