



**Instructions for On-line Registration
2011 USATF Montana Association
Junior Olympic Cross Country Championships**



USA Track & Field requires “on-line” registration for all Junior Olympic track & field and cross-country championships. Paper entry forms will no longer be accepted. Make sure to review all of the information below and verify the deadline dates for on-line registration for state association and regional events.

Prior to proceeding with on-line registration to compete in one of the USATF Montana Association Track & Field or Cross Country Championship, participants must first complete the following steps:

1. If participants do not already have one, apply for a 2011 USATF membership (\$10 for remainder of 2011 or \$20 that includes 2012) by going on-line at www.usatf.org and under “Products/Services” complete a membership application. If you belong to a club make sure to list the club name and number. Make sure to keep a copy of your USATF membership and your 10-digit membership number for on-line registration. You will need to use a VISA credit card or E-check to complete the on-line registration. This process should be completed at least one week before the on-line registration deadline for each specific USATF Association Championship.
2. Upon receiving a 2011 USATF membership, participants must immediately fax a copy of their USATF membership and proof-of-age (birth certificate, passport, driver’s license, etc.) to 1-406-582-2263. You must have your date of birth verified by the Association Membership Chair before your on-line registration can be completed and accepted by the Meet Director.
3. It is not necessary for athletes who are renewing their USATF membership from the previous year to have their proof of age verified.

On-line registration is provided by Coach O at www.coacho.com. Go to “On-Line Registration” and select the meet you wish to enter from the “Coach O Calendar”.

- You may use a VISA credit card to pay for on-line registration with Coach O.
- Deadline for submitting an on-line registration for the Association Cross Country Championships is before 5:00 PM, Wednesday, November 2, 2011.
- Make sure of the “date” and “time” that registration closes. There is no late registration permitted after the designated deadline.
- Make sure to verify your age division, entry fee, distance of age division race, and pre-order a T-shirt and size if you plan to buy one at the venue. To

guarantee shirt size on-line registration should be done by Sunday, November 30, 2011.

- If you do not have the capability to submit an on-line entry registration it is recommended that you contact your school system, local library, or a personal friend who has a computer.
- Otherwise you need to contact the Meet Director no later than one week before the deadline for on-line registration.

Notes to remember:

- It is recommended that you bring a copy of your 2011 membership with the 10-digit membership number and a copy of proof-of-age to both the association championships.
- There is a sub-bantam division in the state, regional and national championships. To qualify for the national championship the athletes in the sub-bantam age division must be at least 7 years old before December 31.
- Athletes in the Young Men & Young Women who are born in 1993 must be 18 years old through December 31, 2011 to compete in the national cross country championships.