

USA Track & Field Junior Olympics
Iowa Association Cross Country State Championships

Sunday, November 15, 2009
West Des Moines, Iowa

LOCATION: Valley Southwoods Freshman High School, 625 S. 35th Street, West Des Moines, Iowa

COURSE: Moderately hilly & open course. Start & finish along east entrance driveway

ENTRY FEE: \$10.00 per participant

REGISTRATION: begins at 11:00 a.m. for those **not** pre-registered

GUIDED COURSE WALK-THROUGH: at 12:00p.m.

COMPETITION SCHEDULE:

1:00p.m. Bantam Girls & Boys combined (born 1999 & after) - 3000 Meters

1:30p.m. Midget Girls & Boys combined (born 1997 & 1998) - 3000 Meters

2:00p.m. Youth Girls & Boys combined (born 1995 & 1996) - 4000 Meters

2:30p.m. Intermediate Girls & Boys (born 1993 & 1994) / Young Women & Young Men (born 1991 & 1992), all combined - 5000 Meters

AGE DIVISION RULES: Age determined as of December 31, 2009

AWARDS: Medals for the top ten individuals in each age/gender division. Ribbons for each member of the top six teams in each age/gender division.

TEAMS: A team may have 5 to 8 competitors in the same age/gender division.
The top 5 runners count in scoring for the team awards.

This meet will serve as the qualifying meet for those seeking to ultimately advance to the USATF Junior Olympics National Cross Country Meet in Reno, Nevada on December 12, 2009. For more information on the National Competition go to: <http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships/>

MEET DIRECTOR: Craig Calhoun, (515) 276-1948 / ctccpa@aol.com

RETURN ENTRY TO: 7049 Wilshire Blvd, Windsor Heights, Iowa 50324

CHECKS PAYABLE TO: USATF - Iowa



Downloaded at www.FitnessSports.com

2009 USATF IOWA ASSOCIATION CROSS COUNTRY ENTRY FORM

NAME _____ **BIRTH DATE** _____ **AGE AS OF 12/31/09** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE(____) _____ **TEAM NAME** _____ **CIRCLE: M or F**

WAIVER: In consideration of acceptance of this entry, I intend to be legally bound for myself, my heirs, executors, administrators to waive and release any and all rights and claims for damages I may have or that may hereafter occur to me against the USATF-Iowa Association, the City of West Des Moines, Iowa, and the West Des Moines Community School District in connection with the USA Track and Field Cross Country Meet held at Valley Southwoods Freshman High School.

Parent/Guardian Signature _____ Date _____