



Saturday, November 11, 2017 • Coonskin Park Charleston, WV

SCHEDULE & AGE DIVISIONS:

| Age Division | Distance | Time |
|--|-------------------|--------------------------------|
| Ages 7 & 8 (born 2009– 2010) | 2 km (1.24 miles) | Girls: 10:15 AM Boys: 10:30 AM |
| Ages 9 & 10(born 2008 and 2007) | 3 km (1.86 miles) | Girls: 10:45 AM Boys: 11:00 AM |
| Ages 11 & 12 (born 2006 - 2005) | 3 km (1.86 miles) | Girls: 11:15 AM Boys: 11:30 AM |
| Ages 13 & 14 (born 2004-2003) | 4 km (2.48 miles) | Girls: 11:45 AM Boys: 12:00 PM |
| Ages 15 & 16 (born 2001-2002) | 5 km (3.1 miles) | Girls: 12:15 PM Boys: 12:30 PM |
| Ages 17 & 18 (born 1999-2000) | 5 km (3.1 miles) | Girls: 12:45PM Boys: 1:00 PM |

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 to WV USA TRACK & FIELD.

Fax 304-343-0129 or e-mail to PJGilmer@aol.com

Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be must be affiliated with that club as part of their USATF membership. To enter a team a club must submit the Team Entry/Advancement & Declaration Roster form. Only athletes listed on the team declaration roster form will be eligible to represent the club at the Association, Regional or National championships. At each level of in the Junior Olympic program the club must declare at least 5 athletes but not more than 8 as declared scoring team members (specific instructions are on the Team Entry/Advancement & Declaration Roster form).

TEAM SCORING: 5 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 the morning of the race.

EVENT RESULTS: During competition, event results will be available in the Meet Management Area. In addition, event results posted at www.usatf.org or www.athletic.net & www.capitalcitystriders.com

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

ADVANCEMENTS: Top 15 individuals and top 2 teams in each age group will advance to the **USATF National Championships, December 9th at Apalachee Regional Park, Tallahassee, FL.**

ENTRY FEES & DEADLINES:

On-Time Registration: via www.athletic.net Must be received by **November 9, 2017**

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

Team Entries. **\$10.00** per athlete

Entry: Closes at **Midnight, November 9, 2017**

PAYMENTS: on-line Credit Card or Electronic transfer only

CONTACT: Paul Gilmer, 304-389-1982 (pjgilmer@aol.com)

