



2023 USATF Nebraska Association Cross Country Championships

Featuring:

- Nebraska XC Junior Olympics (JO) Championships
 - Nebraska XC 5k Open Championships
 - Nebraska XC 5k Masters Championships

Taking place on
*Cross Country Day in Nebraska as proclaimed
by Nebraska Governor Jim Pillen*

Sunday, November 5th, 2023

Walk through at 11:30am and first race starts at 12:30pm

**Location – Beatrice High School
600 Orange BLVD
Beatrice, Ne 68310**

OVERALL MEET SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 & Under	2 km (1.24 miles)	Girls start at 12:30pm. Boys rolling starts immediately after girl's finish.
9 & 10	3 km (1.86 miles)	Girls rolling start immediately after the preceding race. Boys rolling starts immediately after girl's finish.
Open (19-29)	5 km (3.1 miles)	Girls rolling start immediately after the preceding race. Boys rolling starts immediately after girl's finish.
Masters (30+ in 5 year Increments)	5 km (3.1 miles)	Girls rolling start immediately after the preceding race. Boys rolling starts immediately after girl's finish.
11 & 12	3 km (1.86 miles)	Girls rolling start immediately after the preceding race. Boys rolling starts immediately after girl's finish.
13 & 14	4 km (2.48 miles)	Girls rolling start immediately after the preceding race. Boys rolling starts immediately after girl's finish.
15 - 18	5 km (3.1 miles)	Girls rolling start immediately after the preceding race. Boys rolling starts immediately after girl's finish.

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' day of event.

EVENT RESULTS: During competition, event results will be posted online at <http://blacksquirrelresults.com>

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

ADVANCEMENTS- USATF National Junior Olympics: Top 15 individuals in each age group will advance to the USATF Junior Olympic Championships. The JO Championships will be held on **Saturday December 9th** in **Louisville Kentucky**

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by **11/4/2023 at 11:59pm**

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

Individual **Junior Olympic Youth** Entries: **\$12.00** per athlete. on

Individual **Open/Masters** Entries: **\$25.00** per athlete.

Team Entries: No charge

PAYMENTS: The online entry system accepts all credit cards.

DIRECTIONS & PARKING: The Beatrice High School Parking lot will be open and free of charge.

Club Administrators and Unattached Athletes should register online at **Athletic.net registration** by **11/3/2023 at 11:59pm**

Late entries will not be allowed.

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 2023 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.

For questions, contact Matt Scott, LDR/Communications Chair at: communications@nebraska.usatf.org