

Bullseye Running and the Howard County Junior Striders will be competing at the USATF Junior Olympic Cross-Country Meets in the late Fall of 2010



Bullseye Running and the Howard County Junior Striders are coordinating teams to compete in the USATF Junior Olympics. **Everyone (born after 1991) is welcome** to join us if you want to compete but we need to know soon. The deadline is October 18 so take a look quick, confirm you can do what is required, email bullseyerunning@gmail.com to note your involvement, complete this form and hand it or send it in ASAP!

Check list (make sure you can do all these things if you qualify)

- Run in the USATF Association meet at Smithsburg High near Hagerstown, MD on Sunday October 31. **Top 3 teams and the top 25 individuals qualify for the Region Meet on 11/20.** High school age runners can likely just jog as participation has been small in the past.
- Run the USATF Region meet at Williamsport High near Hagerstown, MD on Saturday 11/20. **Top 3 teams and the top 20 individuals qualify for the National Meet on 12/11.**
- Travel to and run in the National Meet on Saturday December 11 in Hoover, Alabama.
- Cost of program (coaching, organization, USATF membership and race entry's) is \$80. **This does not include travel and housing.** The coaches will let the team know what travel and housing arrangements are being made so the team can stay together if possible.

Optional Practices will be held Monday's and Wednesday's starting October 25 at Oakland Mills.

Financial Help

- Contact Phil at coachlang@hotmail.com if you could possibly be a chaperone so kids can go even if their parents can't. We could also do a dog tag and pizza kit fundraiser if you want.

* **There is team scoring at these meets per the age groups below.** XC is primarily a team sport although individuals are also allowed to compete. I will begin a list in each age group so we can compete as teams. Teams consist of between 5 and 8 runners of the same gender in 2 year age groups. We can have more than eight in each group though, all are welcome! Here are the age groups and the distances the runners will race:

-Born 1/1/1992-12/31/1993	5000 meters/5k	-Born 1/1/1994-12/31/1995	5000 meters/5k
-Born 1/1/1996-12/31/1997	4000 meters/4k	-Born 1/1/1998-12/31/1999	3000 meters/3k
-Born 1/1/2000-12/31/2001	3000 meters/3k	-Born 1/1/2002 and after	*2000 meters/2k

*There is NO 2k at the national meet.

Return the bottom of this entry form completed with a check written to Coach Lang, LLC and a copy of the runners birth certificate as soon as you decide.

Runners First and Last Name: _____ Date of birth: _____ Gender: _____

Address: _____

Email address: _____ Phone: _____

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