



**Sunday, November 17, 2019**

**Bethpage State Park  
Farmingdale**

**Packet Pick-Up:- 7:30am  
First Race:- 9:30am**

**Online Registration is required**  
**USATF members MUST be 'age verified'**  
**(Registration – October 15 thru November 13 @ 5:00 pm)**  
**DATE OF BIRTH VERIFICATION ENDS NOVEMBER 12**  
**Please see our website <http://li.usatf.org> for more info**

**Please read very carefully for entry instructions**

**Jr. Olympics qualifiers must be USATF-Long Island members**  
**Age groups 7/8 years thru 17/18 years**

**Entry Fees:- \$10**

**ORDER OF EVENTS**

*Age Division is based on year of birth and not the actual age of the athlete*

7/8 years	(2011-2012)	2K	9:30 AM
9/10 years	(2009-2010)	3K	10:00 AM
11/12 years	(2007-2008)	3K	10:30 AM
13/14 years	(2005-2006)	4K	11:00 AM
15/16 years	(2003-2004)	5K	11:30 AM
17/18 years	(2001-2002)	5K	11:30 AM

***Please Note Times are APPROXIMATE (up to 10-15 minutes earlier)***  
***It is the responsibility of the coach/athlete to listen for the call to the start!***

**Inquiries: [shall@hallen.com](mailto:shall@hallen.com)**

# Entry Instructions for Association Championships

## **USATF MEMBERS ONLY**

1. Go to website: [www.athletic.net](http://www.athletic.net)
2. You must add your team to the site before you can add athletes – check the box “add team”.  
If you are an unattached athlete – check the box “add unattached athlete”.  
Follow on – screen instructions.
3. Payment online at [www.athletic.net](http://www.athletic.net) . No additions or deletions or changes are allowed at packet pickup.
4. Online registration starts Monday, October 15  
Deadline for online registration is Wednesday, November 13th @ 5:00pm
6. Guests cannot qualify and advance to the Junior Olympic Regional Championships.
7. *Only USATF members can advance to the Regional meet! You must be a member BEFORE the Association meet and you must be 7 years old by December 31*
8. If you qualify (finish in the top thirty (30) in your race) and wish to advance to the Junior Olympic Regional meet, you must declare ONLINE  
The information will be on our website’s calendar