



Sunday, November 11, 2018

**Gardiner County Park
West Bayshore**

Packet Pick-Up:- 7:30am

First Race:- 8:30am

Online Registration is required

USATF members MUST be 'age verified'

(Registration – September 26 thru November 7 @ 5:00 pm)

DATE OF BIRTH VERIFICATION ENDS NOVEMBER 6

Please see our website <http://li.usatf.org> for more info

Read the other side of page 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	(2010-2011)	2K	8:30 AM
9/10 years	(2008-2009)	3K	9:00 AM
11/12 years	(2006-2007)	3K	9:30 AM
13/14 years	(2004-2005)	4K	10:00 AM
15/16 years	(2002-2003)	5K	10:30 AM
17/18 years	(2000-2001)	5K	10:30 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

Entry Instructions for Association Championships

USATF MEMBERS ONLY

1. Go to website: 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 . No additions or deletions or changes are allowed at packet pickup.
4. Online registration starts Wednesday, September 26
Deadline for online registration is Wednesday, November 7th @ **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