



2016 Master Men and Women Cross Country Championships

****Held in conjunction with the Belmont Plateau Hall of Fame Classic****

Hosted by The Belmont Plateau Cross Country Hall of Fame

SUNDAY, AUGUST 28, 2016

The race is Sanctioned by USATF and open to all age, USATF and non member runners, but the association championship scoring and eligibility will be only for the USATF Mid-Atlantic runners and teams members who are 40 years and older.

RACE COURSE SITE: Belmont Plateau Park, Philadelphia, Pa (Google intersection of Belmont Mansion Dr & Army Rd, 19131) Park is located approximately 400 meters off of the Montgomery Ave exit of US Rt 76 (Schuylkill Expressway)

RACE COURSE DESCRIPTION: The traditional 5,000 meter will be used. Course is mostly on grass and gravel path with a good mix of flat, challenging uphill and downhill. ¼ inch spikes are recommended but the course is manageable with waffle flats.

SCHEDULE OF EVENTS: Registration on race day starts at 7:30 am (Rain or shine) Youth XC Mile @8:45
9:00 am Women's 5,000 meters
9:40 am Men's 5,000

AWARDS: USATF Mid-Atlantic runners in good standing 1st, 2nd, 3rd place overall. Top 3 in the following age groups (40-49), (50-59), (60-69), (70+). **TEAM:** Team Award to Winning Team, along with awards to the scoring members (3) of the top 3 overall teams. Awards will be presented at the Awards Lunch in 2017. **TEAM SCORING:** Unlimited amount of entries from a Mid Atlantic team. The top 3 runners will be scoring athletes. All runners on the team must be 40 years or older.

ELIGIBILITY: USATF rules will apply in regard to teams and individuals. USATF scoring for team/individual will be independent from the open race and Mid Atlantic runners that are under 40 years old. Duplication of USATF MA championship runners and the open race awards are acceptable.

ENTRIES: USATF Mid Atlantic Master members (Over 40) will enter using the registration form or online entry as all other participants in the Belmont Plateau Hall of Fame Classic. Go to the race site on www.belmontplateaucchof.com /Race entry page/ and follow the directions for mail in or online registration. *Make sure to fill out entry details listed for USATF Mid Atlantic Master runners to be eligible to count in the Association Championship scoring for individual/and or Mid Atlantic team.

Contact: Dave Thomas- BP Hall of Fame Race Director and member of the Long Distance Committee 215 487 0770 thomasd611@yahoo.com **RACE DETAILS/ RESULTS:** are found and posted on the BPHOF race site and at www.mausatf.org (long distance/cross country)