



4 Mid Atlantic Association Cross Country Club Championships will be contested at Belmont Plateau this fall!

Men's and Women's Master Cross Country Championship

The Host Race will be the "Belmont Plateau Hall of Fame Classic" SATURDAY, August 26th. The Women's and Men's Master Championship will be held @9:00am. Mid Atlantic Club and individual championship for 40 years old and older. (The top 3 runners score for each club with traditional cross country scoring for both men and women clubs). The race will be contested on the certified 5,000 Meter Course. *Mid Atlantic members under 40 year old may compete in the race but will not count in the scoring.

Men's and Women's Open Cross Country Championship

The Host Race will be the "Jack Saint Clair Memorial" Saturday, October 8th. The Women's Championship will start at 12:15 pm and run on the certified 6k course. The Men's Championship will start at 1:15 pm and run on the certified 8k Liberty Bell Course. Mid Atlantic Club and individual championship for 19-39 years old. (The top 5 runners score for each club with traditional cross country scoring for both men and women clubs)

More details on the race, club and individual eligibility rules, awards, registration and results will be found on the cross country page of LDR on www.mausatf.org, or contact Dave Thomas (Mid Atlantic Cross Country Manager) @ 215-487-0770 or email him @ thomasd611@yahoo.com. Info on each race and online registration on www.belmontplateaucchof.com



2017 MASTERS MEN AND WOMEN CROSS COUNTRY CHAMPIONSHIP
(Hosted by the "Belmont Plateau Hall of Fame Classic")
BELMONT PLATEAU PARK/ SATURDAY, AUGUST 26, 2017

The USATF Mid-Atlantic Association Championship is sanctioned by the USATF and open to all age groups of the association, but only association members of good standing and age 40 and above will count in the individual and team championship scoring.

RACE COURSE SITE: Belmont Plateau Park, Philadelphia, Pa (Google the intersection of Belmont Mansion Drive & Army Road, 19131). The staging area for registration, start/finish is by the tall silver poles on the Plateau).

RACE COURSE DESCRIPTION: The traditional 5,000 meter cross country course will be used. The course is mainly grass and gravel path with a good mix of flat and challenging hills are found on the course.

SCHEDULE OF EVENTS: Registration on race day will start at 7:30 am (rain or shine) with a Youth (12 and under) 1 mile at 8:45, followed by the combined Belmont Plateau HOF Classic (Men and Women) 5,000 meter race at 9am. An induction for the 2017 inductees for the Belmont Plateau HOF and the race awards ceremony will follow.

TEAM CHAMPIONSHIP: All Mid-Atlantic clubs in good standing will be eligible for the Association Team Championship. All male and all female teams of at least 3 official members (unlimited amount of runners allowed on each team) and 40 years and above will qualify for team scoring (Cross Country Scoring).

MID-ATLANTIC ASSOCIATION AWARDS- USATF Mid-Atlantic members in good standing for 2017 (40 years and above) will be eligible. Awards: MW Overall winner (\$50) and top 2 in each age group (40-49), (50-59), (60-69), (70+) will receive merchandise. TEAM- Top overall M/W team will receive team award. ****"The Belmont Plateau Hall of Fame Classic"** is open to all age groups and Mid Atlantic runners of all ages are eligible to enter the race and be eligible for the awards from the HOF Classic.

ENTRIES: All runners will enter the race online at www.brynmawrracing.com/calendar . There will be specific questions on registration for Mid Atlantic Master runners to answer.

SPECIFIC RACE DETAILS AND RESULTS : www.belmontplateaucchof.com. Questions - Race Director, Dave Thomas (member of Long Distance Committee) at 215 487 0770 or thomasd611@yahoo.com
"The Belmont Plateau Hall of Fame Classic" is produced and supports the Belmont Plateau Cross Country Hall of Fame.



2017 OPEN MEN AND WOMEN CROSS COUNTRY CHAMPIONSHIP

(HOSTED BY THE "JACK SAINT CLAIR MEMORIAL")

Belmont Plateau Park/Saturday, October 7, 2017

The Jack Saint Clair Memorial is sanctioned by the USATF and is open to runners to college and competitive club teams and individuals from the ages of 17 and above. The 2017 race will serve as the USATF Mid Atlantic Association Open (19-39) Cross Country Championship.

2016 Champions: Dylan Mountain (Keystone) Margaret Vido (Phila Runner TC)
Keystone TC (Men's Team) Philadelphia Runner TC (Women Team)

RACE COURSE SITE: Belmont Plateau Park, Philadelphia, Pa. (Google maps for the intersection of Belmont Mansion Drive and Army Road/19131, for directions to the park). Free parking lots available with staging area at the 2 Tall Silver Poles at the Plateau.

RACE COURSE DESCRIPTION: The traditional 6,000 and 8,000 meter cross courses will be used. The courses are mainly grass and gravel road. ¼ inch spikes or waffle flats are recommended.

SCHEDULE OF EVENTS: Registration on race day (rain or shine) will start at 10:15 am at Start/Finish area

12:15 PM : WOMEN'S 6,000 METERS (be at the starting line by 12:05)

1:15 PM : MEN'S 8,000 METERS (be at the starting line by 1:05 pm) Awards Ceremony to follow Men's Race.

ASSOCIATION AWARDS: \$50 award to the first Overall MW Mid-Atlantic member in good standing. Age group awards to the top 3 association members in the following age groups (19-29), (30-39). CLUB CHAMPIONSHIP- Team award to the winning Mid-Atlantic Club in good standing (5 runners per team will score/ cross country style). Club may have unlimited participants, but all members must be official member of the club on race day. *Clubs may use master (40 year and above) runners and all association runners are also eligible for Jack Saint Clair Memorial Awards.

ENTRIES: All entries will be on www.directathletics.com . CLUBS should have their club captain register the entire team and pay Team Price (\$130 per team unlimited entry/or \$20 per runner if club has less than 7 runners). TEAMS must be registered already on Direct Athletics to enter as a team. Individual Unattached Mid Atlantic runners must register first and enter on Direct Athletics online. NO RACE DAY SIGN UP (Only payments on race day) \$20 per athlete.

CONTACT: Dave Thomas, Race Director of The Jack Saint Clair Memorial (member of LDR committee) at 215-487-0770/thomasd611@yahoo.com More Race Details and the Race Results found on www.belmontplateaucchof.com. The race supports and organized by The Belmont Plateau Cross Country Hall of Fame.