



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

### **Men's and Women's Master Cross Country Championship**

*The Host Race will be the "Belmont Plateau Hall of Fame Classic"*  
SATURDAY, August 25<sup>th</sup>. 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 open race but will not count in the scoring for the USATF Mid-Atlantic championship awards.

### **Men's and Women's Open Cross Country Championship**

*The Host Race will be the "Jack Saint Clair Memorial"*  
Saturday, October 13<sup>th</sup>. The Women's Championship will start at 12:15 pm and run on the certified 6k course. The Men's Championship will start at 1:00 pm and run on the certified 8k Liberty Bell Course. The Mid Atlantic Senior Club and individual championship (19 years and above) will be contested with the top 5 runners scoring for each club with tradition cross country scoring for the team title.

\$\$ Cash awards to the 4 individual champions as well as club incentives to the winning Clubs as well as merchandise age group place awards.

*More details on the race and registration can be found on the race flyers or at*  
[www.belmontplateaucchof.com](http://www.belmontplateaucchof.com)      *Contact Dave Thomas (USATF Mid Atlantic CC Rep)*  
[@thomasd611@yahoo.com](mailto:@thomasd611@yahoo.com)



### **2018 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

**SATURDAY, AUGUST 25, 2018**

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

**RACE COURSE SITE:** Belmont Plateau Park, Philadelphia, Pa (Google intersection of Belmont Mansion Dr & Army Rd, 19131) The park is located approximately 400 meters off of the Montgomery Ave exit of US Rt 76 (Schuylkill Expressway) Various free parking lots located near the start/finish line area.

**RACE COURSE DESCRIPTION:** The traditional 5,000 meter will be used. The 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:** Race day sign up and bib pickup on race day starts at 7:30 am  
8:45 am Youth Cross Country MILE Run. Open to all boys and girls 12 years old and younger.  
9:00 am Belmont HOF Classic Men's and Women's 5,000 Cross Country Run.

**AWARDS:** USATF Mid-Atlantic runners in good standing 1<sup>st</sup> place will receive \$50 and award. Merchandise Awards for the Top 2 in the following age groups (40-49), (50-59), (60-69), (70+). **TEAM:** Team Medals to the winning team's scoring members (3). **TEAM SCORING:** Unlimited amount of entries from each Mid Atlantic team, with the top 3 runners 40+ scoring for the team's result.

**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. USATF club members under 40 years of age may run for their club only in the open race categories. Each club member must be a registered Mid Atlantic and team member.

**ENTRIES:/RESULTS** Go to [www.belmontplateaucchof.com](http://www.belmontplateaucchof.com) /Click on "BP Hall of Fame Classic" and follow the directions for online registration. \*Club Captain must register and CREATE Club name/create password online before each club members can register for their club. All club captains are responsible for each for each team member's membership being up to date for 2018. Race day registration starting at 7:30 at starting line area of Belmont Plateau Park CC Courses. \$20 per runner pre entry/\$25 day of race.

**Contact:** Dave Thomas (LSD committee and Race Director) on race details/questions.  
Thomasd611@yahoo.com





## **Senior Men and Women Cross Country Championships**

**\*\* Held in conjunction with the Jack Saint Clair Memorial\*\***

Hosted by: The Belmont Plateau Cross Country Hall of Fame

**SATURDAY, OCTOBER 13, 2018**

The race is sanctioned by the USATF and open to runners from college, competitive club teams and also to competitive unattached runners 18 years and above. The race will serve as the Mid Atlantic Association Senior Championship (19-39 years old).

**RACE COURSE SITE:** Belmont Plateau Park, Philadelphia, Pa. (Google the intersection of Belmont Mansion Drive and Army Rd./19131 for location and directions). Park is located just off the Schuylkill Expressway (US Rt 76)

**RACE COURSE DESCRIPTION:** The traditional 6,000 and 8,000 courses will be used. The 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 will begin at 10:15 am (Rain or shine).  
12:15 pm -WOMEN'S 6,000 METERS      1:00 pm- MEN'S 8,000 METERS (arrive on line 10 min prior)

**AWARDS:** USATF Mid Atlantic runners 39 years and under in good standing: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Overall. Top 5 in the following age groups (19-29), (30-39). **\$50 to the 1<sup>st</sup> Overall Men and Women!** TEAM AWARD: Team Award to the winning team, with awards to scoring members (5) of the top 3 teams.

**ASSOCIATION OPEN CLUB TRAVEL CHAMPIONSHIP AWARD-** The Top 2 Association Men and Women team's will receive a \$500\* (1<sup>st</sup> place team) and \$250\* (2<sup>nd</sup> place team) travel stipend award. \* Award must be used by the club only for travel to the 2018 USATF Club Championship. (The check is paid to the clubs after the event and once receipts are submitted)

**TEAM SCORING:** Unlimited amount of entries on a team. The top 5 runners will be scoring athletes.

**ELIGIBILITY:** USATF rules will apply to teams and individuals. USATF scoring for team/individual will be independent from the other teams/individual from the Jack Saint Clair Memorial. Master runners (over 40 yrs.) who are club members are eligible for the team scoring by the club.

**ENTRIES:** USATF Mid Atlantic Club captains will register all of their club members and pay the TEAM PRICE at check in on race day (Teams less than 10 will pay \$20 per runner/Teams of 10 or more entry fee is \$200). Register Teams on Direct Athletics. Individual members (unattached) will register themselves on Direct Athletics and pay \$20 on race day. Go to [www.belmontplateaucchof.com](http://www.belmontplateaucchof.com) and Click onto "USATF Mid Atlantic Senior Championship" for more race and registration details.

**Contact:** Dave Thomas- LSD member and Race Director at [thomasd611@yahoo.com](mailto:thomasd611@yahoo.com) for details. Results on [www.belmontplateaucchof.com](http://www.belmontplateaucchof.com)