

Rules of the Series

1) Participants in the XC Series must complete the respective forms for each race they competed in. Race entries that prove unreadable or contain missing info (age/gender) will be considered void for purpose of the XC Series.

2) Individuals must be registered as a 2009 USATF Mid Atlantic athlete before their performance from any race is scored. A USATF rep will be present at each race for membership sign up opportunity and to answer questions. USATF membership must be approved before scoring is official.

3) Each of the races in the series retain the right to manage entries, to offer prize money, and present it's own award categories. The USATF XC Series scoring will be completed "after the fact" by using the official race results. The XC Series scoring summary will be posted on the USATF Mid Atlantic website and visible at each race that is part of the XC Series.

4) The XC Series is open to all USATF Mid Atlantic club and unattached runners.

www.mausatf.org

Scoring and Awards

1) The Masters Age Graded tables developed by World Master Athletics (WMA) will be used to score results from each race. Each finisher's time will be divided into the standard for his/her age/gender. This calculation will produce a percentage performance score for each race. Using the WMA will enable competitive scoring among all of the age groups in determining the XC Series standings.

2) WMA will be calculated after each of the 5 races of the Series with the awards and overall placing determined by each runner's total score at the end of the series. There are no team standings or awards for the 2009 XC Series. Separate gender scoring and awards.

OVERALL AWARDS (Men and Women)*

- 1st \$150 and USATF Merchandise
- 2nd \$100 and USATF Merchandise
- 3rd \$50 and USATF Merchandise
- 4th-8th Place/ USATF Merchandise

*Runners will be presented their award at the USATF Mid Atlantic Awards Lunch in January/2010



2009

CROSS COUNTRY SERIES



USATF Mid Atlantic Association
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**USATF
Mid Atlantic
Cross Country Series
2009**

**USATF MID ATLANTIC ASSOCIATION
1ST ANNUAL CROSS COUNTRY RACE SERIES**

USATF Mid Atlantic will support the 2009 Cross Country Series. The 4 Race XC Series has been created to enhance the quality of cross country and promote competition in a series format. Scoring by the World Age Graded Handicap Table will enable the series to give all competitors the chance to compete head to head, and provide excitement over the entire 5 Race Series.

In its inaugural season, the XC Series will offer competition and awards to individual USATF runners but we encourage promoting club spirit in each race. The XC races used in the series use USATF Mid Atlantic sanctioned events, ensuring the competitors the highest standard of meet management.

Waiver: USATF-MA, its officers, members, and any or all sponsors of this XC series disclaim any responsibility or liability of injury, loss or damages arising from your participation. You assume full responsibility for being physically fit and have trained athlete. Further, your participation in this series testifies to your permission for free use by USATF-MA, series sponsors, the use of your image for any promotion associated to this XC series.

DATE	EVENT	LOCATION	CONTACT/DETAILS
Tuesday August 4 7pm	WEST CHESTER XC RACES WWW.RUNCCRS.COM 5,000 METERS	WESTTOWN School 975 WESTTOWN Rd WESTTOWN, PA 19382	KEVIN Kelly 610-232-0888
Saturday Sept 19 9am	CHESTNUT Hill School XC WWW.WANDERERSRUNNINGCLUB.ORG 3 Miles	CHESTNUT Hill School 500 Willow Grove Phila, PA 19118	PAUL HINES 215-487-2934
Sunday Sept 27	SAINT Clair Memorial XC WOMEN 6,000 (10AM) MEN 5 Miles (10:45AM)	BELMONT PLATEAU BELMONT & MONTGOMERY Phila, PA 19131	DAVE THOMAS 215-487-0770 WWW.FASTCATSPORTS.COM
Saturday Oct 24 1pm	Phila Catholic League Open 5,000 METERS	BELMONT PLATEAU BELMONT & MONTGOMERY Phila, PA 19131	DAVE THOMAS 215-487-0770 WWW.FASTCATSPORTS.COM