

# 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 2010 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 showing 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 4 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 2010 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



2010

# CROSS COUNTRY SERIES



USATF Mid Atlantic Association  
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**USATF  
Mid Atlantic  
Cross Country Series  
2010**

USATF Mid Atlantic will support the 2010 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 4 Race Series.

In its 2nd 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.

**USATF MID ATLANTIC ASSOCIATION  
2ND ANNUAL CROSS COUNTRY RACE SERIES**

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>CONTACT/Details</b>
<b>AUGUST 3 TUES 7pm</b>	<b>WEST CHESTER XC RACES 5,000 METERS</b>	<b>WESTTOWN School 975 WESTTOWN Rd WESTTOWN, PA 19382</b>	<b>KEVIN KELLY 610-232-0888 WWW.RUNCCRS.COM</b>
<b>SEPT. 11 SAT 9AM</b>	<b>CHESTNUT HILL SCHOOL XC 3 Miles</b>	<b>CHESTNUT HILL SCHOOL 500 Willow Grove Phila, PA 19118</b>	<b>PAUL HINES 215-487-2934</b>
<b>OCT 2 SAT 1:30 pm</b>	<b>*SAINT CLAIR MEMORIAL XC WOMEN 6,000M (1:30 pm) MEN 5 Miles (2:10 pm)</b>	<b>BELMONT PLATEAU BELMONT &amp; MONTGOMERY Phila, PA 19131</b>	<b>DAVE THOMAS 215-487-0770 WWW.FASTCATSPORTS.COM</b>
<b>OCT 23 SAT 1pm</b>	<b>PHILA CATHOLIC LEAGUE OPEN 5,000 METERS</b>	<b>BELMONT PLATEAU BELMONT &amp; MONTGOMERY Phila, PA 19131</b>	<b>DAVE THOMAS 215-487-0770 WWW.FASTCATSPORTS.COM</b>

\* SAINT CLAIR MEMORIAL will serve as the USATF MA 5 mile (MEN) and 6,000 (WOMEN) Cross Country Championship for 2010.