



2022 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 27, 2022

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 the 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

9:00 am Belmont HOF Classic Men's and Women's 5,000 Cross Country Run (USATF Mid Atlantic Master (40+) Cross Country Championship (followed by Hall of Fame Induction ceremony)

AWARDS: USATF Mid-Atlantic runners in good standing 1st place individual 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 awards to the winning team's scoring members with the winning M&W teams receiving a \$500 Travel Stipend to USATF National Master XC Championship on October 22 (Boulder, Co). **TEAM SCORING:** Unlimited amount of entries from each Mid-Atlantic team, with only the team's top 3 runners (40+ age) scoring by Cross Country scoring.

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 for 2022 to be eligible for the championship.

ENTRIES:/RESULTS Go to www.belmontplateaucchhof.com /Click on "BP Hall of Fame Classic" and follow the directions for online registration on Run Sign Up. *The Club Captain must register and CREATE Club name 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 2022. Race day registration starting at 7:30 at starting line area of Belmont Plateau Park CC Courses.

Contact: Dave Thomas, LDR Committee/XC Coordinator (thomasd611@yahoo.com if questions

