



## **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 15, 2022**

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 (18-39 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 in good standing are eligible for scoring/awards with top individual receiving \$50. The Top 5 in the following Senior/Open age groups (19-29), (30-39) will receive USATF merchandise

**TEAM AWARD:** Merchandise awards to scoring members (5) of the top team along with a \$500 Team Travel Voucher for the USATF National Club Cross Country Championship on December 10 in San Francisco, Ca.

**TEAM SCORING:** There is unlimited amount of entries on a team. Cross Country scoring for the top 5 team members to finish.

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

**ENTRIES:** USATF Mid Atlantic **Club captains will register all of their club members and pay the TEAM PRICE online by credit card.** Team Captains must register and set up a Team account on Direct Athletics before registering team Individual Mid Atlantic USATF members (unattached) will also need to set up account to register and pay individual entry online. Go to [www.belmontplateaucchof.com](http://www.belmontplateaucchof.com) and Click onto "Jack Saint Clair /USATF Senior Open on home page" for more race and registration details. Team Captain is responsible that team/members 2022 membership is up to date.

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

