



**USATF Mid-Atlantic JO Cross Country Championship
Sunday, November 5th, 2023**

**USATF Mid-Atlantic 2023 USATF JO Cross Country Waiver Request
process:**

**Waiver Request Deadline: Registration deadline is Friday, November
3rd at 5:45 PM EST.**

Please find below the process Athletes will use to have an opportunity to participate in this year's 2023 USATF Junior Olympic Cross Country Championships. If for some reason an Athlete has an "extraordinary circumstance" (that is not covered by rule) that might prevent them from following the process below, please adhere to rule 306.1c to request a waiver from the Youth Executive Committee.

2023 JOXC Advancement - Rule 306.3(d)

Advancement to the National Junior Olympic Cross Country Championship shall be by Association Championship to Regional Championship to National Junior Olympic Cross Country Championship, except a region, for a good cause and by a majority vote of the Associations in the region, may provide for advancement directly from the Association Championship to the National Championship.

Qualifiers for the National Championship shall be as follows:

- 1) Region: N/A for 2023
- 2) Association: The top 15 individuals by age division and the top two scoring teams. There will not be a Region II Meet in 2023. Athletes will be waived directly to the National JO XC Meet.

Rule 306.3 (F)

Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional (or to Nationals in the case of Mid-Atlantic, 2023) if their Association meet date conflicts with their school competition. Conflict means both meets are held within 48 hours of the other.

A Team may also be advanced provided that all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate.

This Waiver and/or Roster Request must have been submitted by the Registration Deadline of the Association meet and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional coordinator.

Submit the waiver request via email to: Robin Jefferis - membership@midatlantic.usatf.org.

Include your name, age, membership #, Club and extraordinary circumstance/High School State Championship conflict.