2019 USATF Southwestern Association
Open & Master Cross Country Championships
Athletic Performance Ranch
1590 FM 2871 Fort Worth, TX  76126
Saturday, November 9, 2019

SCHEDULE & AGE DIVISIONS:

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-39</td>
<td>5 km (3.1 miles)</td>
<td>M30-38 -3:30 pm W30-38-3:30 pm</td>
</tr>
<tr>
<td>40-49</td>
<td>5 km (3.1 miles)</td>
<td>M40–49 3:30 pm W40–49 3:30 pm</td>
</tr>
<tr>
<td>50-59</td>
<td>5 km (3.1 miles)</td>
<td>M50-59 3:30 pm W50-59 3:30 pm</td>
</tr>
<tr>
<td>60-69</td>
<td>5 km (3.1 miles)</td>
<td>M60-69 3:30 pm W60-69 3:30 pm</td>
</tr>
<tr>
<td>70-99</td>
<td>5 km (3.1 miles)</td>
<td>M70-99 3:30 pm W70-99 3:30 pm</td>
</tr>
<tr>
<td>1008+</td>
<td>5 km (3.1 miles)</td>
<td>M100+  3:30 pm W100+ 3:30 pm</td>
</tr>
</tbody>
</table>

ELIGIBILITY REQUIREMENTS:

**Individuals:** Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver’s license, or U.S. government identification) is required and must be submitted prior to registration and participation on **November 9, 2019**.

Rule 330 1: Rules 330 through 333 apply to National, Regional, and Association Masters Championships.

Per rule 330 3. In all National, Regional and Association Masters Championships, there must be a full complement of individual events, by five-year age divisions, **for both men and women**. There should be a minimum of three medals per division in each event for USA Masters Eligible individuals,

Per rule 331 2 a scoring shall be as follows: Teams scoring is restricted to individuals who are USATF Masters Eligible, using the adjusted places after removing non-US citizens per Rule 330.3, see 330.4

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Bib numbers will be distributed to athletes on-site 1 hour before your race.

EVENT RESULTS: During competition, event results will be posted at a designated place at the facility. In addition, event results will be posted at (swusatf.org).

AWARDS: USATF medals will be awarded to the top three individuals in each age division.

ENTRY FEES & DEADLINES:

**On-Time Registration:** Must be completed by November 7, 2019 at 12:00pm CST

ENTRIES AND PAYMENTS WILL BE ACCEPTED on-site.

Individual Entries: $10.00 per athlete.

Team Entries: No charge

Valid 2019 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via email, fax, or on-site) a copy of the athlete’s Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver’s license or U.S. government identification).

Membership Chair: Lesia Dunn Fax: 214-465-2561

For questions regarding membership, contact lesia.dunn@gmail.com, or 214-331-6317 or Toni Nichols tnichols70@sbcglobal.net or 214-803-9633

DIRECTIONS & PARKING: Athletic Performance Ranch
1590 Ranch to Market Rd 2871, Fort Worth, TX  76126 by GPS / Parking is Free