



USATF Minnesota Association
2008 Open & Masters Cross Country Championship
Saturday, November 8, 2008

Valleywood Golf Course
4851 125th Street West; Apple Valley, Minnesota 55124

Meet Schedule: Championship is hosted in conjunction with the USATF Minn. Junior Olympic races which will follow the Open and Masters races. First Junior Olympic race is at 10:45 a.m. with boys and girls in each age group running together.

Time Schedule:

9:00 a.m. Open & Masters Men (10,000 meters)
10:00 a.m. Open & Masters Women (5,000 meters)

*****No dogs allowed on the golf course*****

Entry fee: \$8.00 if received by November 5. Make checks payable to USATF Minnesota. (late registration on the day of the meet is \$15)

USATF Membership: All participants must be members of USATF. If not a member you may join at the meet. Cost of membership is \$29.95. Note that memberships submitted in November, 2008 are good through December 31, 2009.

Registration: Print out, fill in and mail the registration form with the fee no later than November 4 to:
USATF Minnesota
960 Douglas Road
Mendota Heights, MN 55118

Team Competition:

Final race in the USATF Minnesota Cross Country Circuit. Teams composed of USATF registered members of USATF registered clubs will score for the circuit. The Championship event will count as double points.

Results: Posted at www.usatfmn.org

