



2023 Lake Erie Association Open & Masters Cross Country Championships Saturday, November 11, 2023

Location: Columbiana High School
700 Columbiana-Waterford Rd, Columbiana, OH 44408

Time: 9:30 am. Men and Women Open and Masters will race 5,000 Meters at the same time.

Check In: Begins at 8:30 am.

Age Groups (M & F): Open (ages 19 to 29), Masters ages 30+ (in five-year increments)

Rules: The competition will be conducted under the current USATF rules.

Sanction: This meet is sanctioned by Lake Erie Association of USA Track & Field.

Awards: Association medals presented to the top three places in each age division.

Course: Mostly a grass surface. No dressing facility is available.

Entry Fee: \$15 per event until 10/29/23, and then \$25 until 11/8/23.

No additional entry fee for teams. A team must consist of at least five runners, but not more than eight runners, and the team must be a registered USATF club.

All athletes must have a current USATF membership card. Membership must be purchased online at www.usatf.org.

Online Registration: Go to <https://www.simplyregister.net/register/?e=124545> and fill out the online registration, there is no onsite or mail in registration. Registration will be open until November 8, 2023 (\$25) at 11:59 pm.

Please do not wait till the last minute! All ages need to be verified by USATF's National Office. You will not be able to register without birthdate verification.

THERE WILL BE NO REGISTRATION AFTER NOVEMBER 8, 2023 AT 11:59 PM!

Questions: Call or text Phillip Pillin at (330) 881-2058 or email XC@lakeerie.usatf.org