

PHILADELPHIA EXPRESS ATHLETIC ASSOCIATION
2023 CROSS COUNTRY MEET INFORMATION



On the Right Track.....

Fees:

- Registration and payment **will only be accepted** on our online payment system. **There will be no day of meet registration or payment. (No exceptions)** Every coach, parent and athlete/runner **must read and consent to the waiver prior to registration.**
- **\$5.00 per Athlete per Development Meet. Must be registered and paid by 9:00 PM the Thursday before each meet**
- **\$1.00 charge for the initial bib number that is issued to each athlete. This fee will be collected up front, in full, regardless of the number of athletes who actually participate.**
- **All athletes must be birth certificate verified by Meet 1- Saturday, Sept. 16, 2023 in order to compete. (No exceptions)** Our website is not connected to the UAGTCA website, therefore an athlete is not automatically verified. **Only athletes that are paid and verified will appear on the starting line sheet.**
- **\$3.00 to replace lost bid numbers.** You must purchase a replacement number if your assigned number is lost, forgotten or damaged beyond use. Only Phila. Express issued numbers will be permitted.
- Note: There is no individual fee for the Championship meet if qualified
- **We will continue to offer an up-front discounted fee for the 2023 Cross Country season. This fee will be offered for the first and second meet only.** Your participation is strictly optional. The normal fee schedule, where you pay for each meet individually, will still be in operation each week.
- **The up-front discounted fee allows an athlete to compete in 5 or 6 developmental meets and the Championship for a reduced fee.** The fee must be paid up-front, at one time. The athlete is automatically registered for each meet.

- **If you wish to take advantage of this opportunity you must make your one-time payment of \$25.00 (for meets 1-6) on-line by 9:00 PM the Thursday prior to meet 1 or \$20.00 (for meets 2-6) on-line by 9:00PM the Thursday prior to meet 2.**

*******Remember the Discounted Fee can only be paid on-line. It will not be accepted at the meet.**

Payments:

All payments should be made via our online payment system. Select the meet and athletes and submit payment in the Meet Administration Center. We use Pay Pal as our Payment Processor.

Championship Requirements:

To qualify for the Championship an athlete must pay and run in any 4 of the 6 developmental meets, within their age group, as a member of the same Club or as an unattached athlete. You cannot use a combination of unattached and club entries to qualify. i.e. (If you run in the first two meets as an unattached athlete and then switch to a team you must run in the remaining four as a member of that same team in order to qualify for the championship).

Divisions and Distances:

DIVISION	DISTANCE	BORN IN
8 & Under	1.5 miles	2015 or Later
9 & 10	3000 meters	2013 or 2014
11 & 12	3000 meters	2011 or 2012
13 & 14	4000 meters	2009 or 2010
High School (15 – 18)	5000 meters	2005 to 2008
Open Women (19 +)	5000 meters	2004 or Earlier
Open Men (19 +)	8000 meters	2004 or Earlier

Age Determination as of 12/31/2023

Awards:

Meets – Ribbons 1st through 10th place

Championship Meet – Individual Awards 1st – 25th place

Team Medals to each member of the winning team in each division.

The Parent-Child Relay will be held on 10/21/2023 following the regular meet and will have Separate Awards. The fee is \$5.00 per athlete/per team.

At the Championship we will be awarding each member of the winning team in each division a customized championship medal. Each team in a particular age division must submit a team declaration form, accompanied by a \$5.00 refundable registration fee indicating their intention to compete as a team in the championship no later than 10/7/2023. The Championship Team Declaration Form may be picked up at the registration table at meet 3. The registration fee will be returned on Championship day after the team competes. Team declaration forms will not be returned. Unverified Athletes will not be allowed to compete in the Championship. Since we believe that Cross Country is primarily a team sport in order to encourage team participation the 8 & Under Girls, 8 & Under Boys, High School Girls, High School Boys, Open Women and Open Men Divisions will only require 3 eligible athletes to compete as a team in the Championship. All other divisions will require 4 eligible athletes to compete as a team in the championship.

Special Considerations:

Our cross country series are scheduled for 6 developmental meets and a championship for those that qualify. If the City of Philadelphia or Department of Recreation decides to reschedule any of our meets, we have to adhere to the change. Please monitor the schedule.

Directions:

Take Route 76 Schuylkill Expressway to the City Avenue Exit. Follow City Ave and turn left at Monument Road. Continue on Monument Road to Belmont Avenue. Turn left at Belmont Avenue. Continue on Belmont Avenue to Belmont Mansion Road. Make a left on Belmont Mansion Road. Look for Parking lot entrance on the left.

Parking:

The Parking spaces near the finish line and the Registration area are RESERVED FOR THE MEET PERSONNEL ONLY!!!

It is absolutely essential that the registration and finish line personnel have access to their vehicles. The finish line personnel are responsible for putting up and taking down the course markings (flags, poles, etc). Those items are very heavy and it is difficult to carry those items long distances. Registration personnel is responsible for registration and resolving any and all problems that may arise. In the past, emergencies have occurred that required paramedics to be called to the meet for relatively minor medical issues. We, as the meet administrators, could not handle them immediately ourselves because our vehicles were not in close proximity to the registration area. Since then, we have reserved the parking spaces between the finish line posts and the registration area for the meet administration. Other vehicles parked in these spaces will be asked to move. People who refuse to move will not be permitted to participate in the meet.

Rhonda Baker- Meet Director

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