

2013 Nashua PAL Striders XC Junior Olympics Registration Process

- Registration for the 2013 season takes place at the Nashua **South** High School track on *Sunday and Monday, October 20th & 21st from 4:30 to 6:30pm.*
- Registration fees for all runners 8th grade and below will be \$60 per runner (first runner in a family), \$30 for 2nd family runner, \$15 for 3rd family runner, \$10 for 4th family runner and free for additional family runners.
This fee covers the following:
 - a. USATF Membership
 - b. Entry fee for Amherst Track Club XC Jamboree
 - c. Entry fees for USATF Association, Regional, and National races.
 - d. Consolation Regional Race (Local Non-USATF event). Event to be determined.
- Because most high school runners do not begin their PAL participation until after the Association race (Waivers are provided) the registration fees for all runners 9th grade and above will be ala-carte. That is they will pay for only the requirements of their participation.
- Uniform fee will be \$15.00 per runner for a PAL Striders singlet. **All** runners are required to have the newly designed PAL Strider singlet. In addition, all runners must have a pair of “Solid Navy Blue” running shorts. Shorts can be purchased through our uniform provider for \$10.00 or at any sporting goods or department store of your choosing. The Team Singlet and Solid Navy Shorts are required by the USATF official rules governing team uniforms. Runners will not be allowed to compete without them. Additional team apparel will be available for fittings at registration such as warm-up pants, jackets, hats, etc..
- All forms can be printed from www.nashuapalraces.com, click on the link titled “2013 Documents”, download necessary forms and bring completed forms and **applicable check for both the Registration fees and Singlet/Short uniform total made out to “Nashua PAL” with you to registration.** A separate check will be written to our apparel provider directly for any additional apparel ordered so have another check available when you arrive at registration on Sunday or Monday. Apparel form can also be found on line.
- ***IMPORTANT:*** **DO NOT** register your child with USATF online. This process must be completed by PAL Striders in order to adhere to the USATF electronic registration policy. **DO NOT** register your child for the Amherst Track Club XC Jamboree online. PAL Striders will provide the necessary registrations for all runners as a team submittal.
- Registration requires the following 5 forms:

Form #1 – PAL Parental Permission Form

- Fill out completely and sign.

This is a form titled "Parental Permission and Registration Form" for Natick HS Cross Country (Boys). It contains a detailed disclaimer and instructions for parents. The form includes fields for the parent's name, address, phone number, and the child's name, date of birth, and sex. There are checkboxes for various medical conditions and a section for the parent's signature and date.

Form #2 – USATF Membership Form

- Fill out completely and sign.
- **DO NOT** sign up for USATF membership online. PAL Striders will do this for you.

This is a "USATF Membership Application" form. It includes the USATF logo and a note that only US citizens can apply. The form asks for personal information such as name, address, phone number, and date of birth. It also includes a section for emergency contacts and a signature line for the applicant.

Form #3 – Amherst XC Festival Entry Form

- This is optional but strongly encouraged
- Fill out completely and sign.
- **DO NOT** mail this in to the race and do not register online. PAL Striders will register everyone at the same time.

This is an entry form for the "Amherst Track Club X-C Festival" on Sunday, November 7, 2010. It is specifically for "3K-4K-5K YOUTH XC RACES". The form includes fields for name, address, phone number, and date of birth. It also has a section for emergency contacts and a signature line.

Form #4 – Copy of Child's Birth Certificate

- We will need a copy of the child's Birth Certificate to prove age eligibility.
- It does not need to be notarized, just a photocopy will suffice. You will not get the copy back.



Form #5 – Uniform/Apparel Form

- This form will be available at registration if we don't get it up on the website soon enough.
- This apparel is in addition to the mandatory PAL uniform and is completely optional. Any additional apparel purchased will require a second check made payable to "Red Brick Clothing Co."

What to bring to Registration:

- Signed and completed PAL Parental Permission Form
- Signed and completed USATF Membership Form
- Copy** of Birth Certificate
- Check made payable to Nashua PAL for \$60 (or reduced fee if applicable) for program fees **plus** any singlet and/or short purchase price.
- Signed and completed Uniform and Apparel Order Form with check made payable to Red Brick for any additional team apparel.
- Signed and completed XC Festival Entry Form

Please email Chris Morrow NashuaPALJOCord@Gmail.com with any registration questions.