



Mount Pleasant Recreation Department

R.L. Jones Center - 391 Egypt Road - Mount Pleasant, SC 29464
Phone: 843-884-2528 - Fax: 843-849-2778 - www.tompsc.com

2022 CROSS COUNTRY JUNIOR OLYMPIC PROGRAM INFORMATION REGISTRATION JULY 3 – JULY 18, 2022 111TRK001

Cross Country participates in USATF sanctioned events throughout the Southeast, as well as the National Junior Olympics. **THERE IS A CAP OF 250 ATHLETES PERMITTED TO REGISTER DUE TO SAFETY CONCERNS. THIS CAP INCLUDES HIGH SCHOOL ATHLETES AS WELL.**

REGISTRATION:

You may register online at www.mtpleasantrec.com or at the following locations R.L. Jones Center, Park West Recreation Complex, or the G.M. Darby Building. If this is your child's first time participating in youth athletics, you must provide an original or certified copy of the birth certificate or passport to both MPRD and the Track Club. The Mount Pleasant Recreation Department does not retain a copy of birth certificates.

REQUIREMENTS/AGE DIVISIONS:

For ages 7 - 18 years old as of December 31, 2022. No exceptions made for younger siblings. High school athletes must register through MPRD during the registration period.

<u>Age Groups</u>	<u>Competition Distance</u>
7-8 years old	2K (1.2 miles)
9-10 years old	3K (1.8 miles)
11-12 years old	3K (1.8 miles)
13-14 years old	4K (2.5 miles)
15-16 years old	5K (3.1 miles)
17-18 years old	5K (3.1 miles)

FEES: (BOTH required)

MPRD Registration Fee

Residents: \$60.00. Non-residents: \$120.00. Waitlist opens July 19th or when limit of 250 is reached. Inclusion on the waitlist can be achieved in person at MPRD facilities or via telephone. However, team placement is not guaranteed. MPRD staff will contact you directly if space becomes available. Registration from the waitlist requires a \$13.00 late fee. Make checks payable to Mount Pleasant Recreation Department. Checks must include current address, phone number, driver's license number and birth date.

Mt. Pleasant Track Club Booster Club/Uniform Fees

\$80 per athlete required for participation with MPTC. Payment MUST be made online at www.mptrackclub.com. No checks or cash accepted. Fees due by September 23rd. If not paid by due date, there is a \$20 late fee. Uniforms are yours to keep and used for track and cross country and only need to be purchased if last year's no longer fits - \$36.00/\$34.00 (adult/youth uniform). Information on purchasing uniform can be found on MPTC website.

BOOSTER CLUB:

The MPTC booster club is a non-profit 501c (3) organization which conducts fundraising efforts to help offset expenses for Track & Field / Cross Country Programs. Parents receive an email at the beginning of the season with instructions on where/how to pay booster and uniform fees. This fee covers MPTC operating expenses, USATF membership and meet entry fees. For more information on USATF go to www.usatf.org. New runners must supply an electronic copy of their birth certificate. Instructions on how to do this is sent in the welcome email.

Please contact Austin Strickland, Recreation Coordinator, 843-856-6078, Astrickland@tompsc.com with any questions or comments regarding the Fall Cross Country Junior Olympic Program.

ACCIDENT INSURANCE:

Accident insurance is NOT provided by the Mount Pleasant Recreation Department. Injuries resulting from this program are the responsibility of the participants/parents.

PRACTICES:

Begins September 12th. You are not required to attend all four weekly practices, although attending increases your level of fitness. Practice approximately 1 hour. Start time may change during daylight savings time.

Practice Schedule:

Mondays	6:00 pm	Park West Recreation Complex (meet under picnic shelter)
Wednesdays	6:00 pm	IOP (3) / Waterfront Park (3) / PW (remainder)
Thursdays	6:00 pm	Park West Recreation Complex (meet under picnic shelter)
Sundays	5:00 pm	Park West Recreation Complex (meet under picnic shelter)

RAIN OR INCLEMENT WEATHER:

Please register with Rainedout at www.tompsc.com to get an instant update via email and/or cell phone when inclement weather exists. The Recreation Department and officials determine if a game is rained out. However, “**when in doubt, dress out**”. Information also on the team Facebook page.

POTENTIAL SCHEDULE: (additional meets will be added, most on Saturday in October and early November)

Schedule of meets will be announced at 1st practice and posted on MPTC website:

- Home MPTC Meet - October 15th
- State Meet – November 12th @ Newberry, SC
- Regional Meet – November – TBD (SC)
- National Meet – December 10th @ College Station, TX