



2013 USATF Pacific Northwest Association Junior Olympic Cross Country Championships



Saturday, November 16, 2013
Woodland Park N. 50th & Hwy 99 – Seattle, WA
Registration deadline: Wednesday, November 13th, 8pm

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, November 15 th from 3pm to dusk. This is a hilly course with mostly compact dirt trails and very brief road crossings. Spikes are strongly recommended.
Ages 8 & Under (born 2005+)	2 km	Girls- 9:30 Boys- 9:30	
Ages 9-10 (born 2003-2004)	3 km	Girls □10:00 Boys □10:30	
Ages 11-12 (born 2001-2002)	3 km	Girls □11:00 Boys □11:30	
Ages 13-14 (born 1999□2000)	4 km	Girls □12:00 Boys □12:30	
Ages 15-16 (born 1997□1998)	5 km	Girls □1:00 Boys □1:30	
Ages 17-18 (born 1995-1996)	5 km	Women □1:00 Men □1:30	

ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership is required to compete (www.usatf.org/membership). Proof of age must be submitted, and age verified, prior to meet registration. Documents accepted as proof of age: birth certificate, passport, certified baptismal record, driver's license/permit, or US government identification. Follow the mailing instructions that appear at the bottom of your USATF membership confirmation or email proof of age to pnamember@comcast.net. Please include your name, USATF number and email address. **Please allow sufficient time for age verification.**

Ages 8 & Under: May compete in the Association and Regional meets regardless of age, but must be at least 7 years old as of 12/31/2013 to be eligible to compete at the Junior Olympic National meet.

Teams: Only 2013 registered USATF clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registration. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

TEAM SCORING: 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition on the front of their jerseys. Bib numbers are available for pick-up throughout the day.

EVENT RESULTS: Event results will be posted at the meet. Results will also be posted at www.pntf.org/youth.

AWARDS: USATF Junior Olympic medals will be awarded to the top 10 individuals in each age division and top 3 teams.

ADVANCEMENTS: Top 35 individuals and top 5 teams in each age group will advance to the USATF Region XIII Championships to be held Saturday, November 23rd at Western Oregon University, Monmouth, Oregon.

All advancements/entries for the USATF Region 13 Championships must be completed, paid for, and submitted online by 6pm November 19th. Online entries may be submitted by visiting www.coacho.com. The National Championships will be held on Saturday, December 14th at the National Shooting Complex, San Antonio, TX. The top 30 athletes and 5 teams at the Region XIII Championships will qualify for the National Championships:

www.usatf.org/Events---Calendar/2013/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx

ENTRY FEES & DEADLINES:

Deadline: Online registration must be completed by Wednesday, November 13th at 8:00pm.

Cost: \$10.00 per athlete (no team fee).

Only online registration will be accepted. To enter, go to coacho.com; on-line registration; enter a meet and select Nov 16th USATF Pacific Northwest Association Junior Olympic Cross Country Championships.

QUESTIONS: Darryl Genest, Meet Director, or Holly Genest, Youth Chair, darryl.genest@hotmail.com; 253-839-4964.

