



# 2014 USATF Pacific Northwest Association Junior Olympic Cross Country Championships



**Saturday, November 15, 2014**  
**Woodland Park N. 50<sup>th</sup> & Hwy 99 – Seattle, WA**  
**Registration deadline: Wednesday, November 12<sup>th</sup>, 8pm**

## SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, November 14 <sup>th</sup> 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 2006+)	2 km	Girls- 9:30 Boys- 9:30	
Ages 9-10 (born 2004-2005)	3 km	Girls □10:00 Boys □10:30	
Ages 11-12 (born 2002-2003)	3 km	Girls □11:00 Boys □11:30	
Ages 13-14 (born 2000□2001)	4 km	Girls □12:00 Boys □12:30	
Ages 15-16 (born 1998□1999)	5 km	Girls □1:00 Boys □1:30	
Ages 17-18 (born 1996-1997)	5 km	Women □1:00 Men □1:30	

## ELIGIBILITY REQUIREMENTS:

*Individuals:* Current USATF membership is required to compete ([www.usatf.org/membership](http://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](mailto: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 12/31/2014 to be eligible to compete at the Junior Olympic National meet.

*Teams:* Only 2014 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](http://www.pntf.org/youth).

**AWARDS:** USATF Junior Olympic medals will be awarded to the top 15 individuals in each age division and top 5 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 22nd at Woodland Park, Seattle, WA.

All advancements/entries for the USATF Region 13 Championships must be completed, paid for, and submitted online by 6pm November 18<sup>th</sup>. Online entries may be submitted by visiting [www.coacho.com](http://www.coacho.com). The National Championships will be held on Saturday, December 13<sup>th</sup> at Whispering Pines Golf Course, Myrtle Beach, SC. The top 30 athletes and 5 teams at the Region XIII Championships will qualify for the National Championships:  
[usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx](http://usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx)

## ENTRY FEES & DEADLINES:

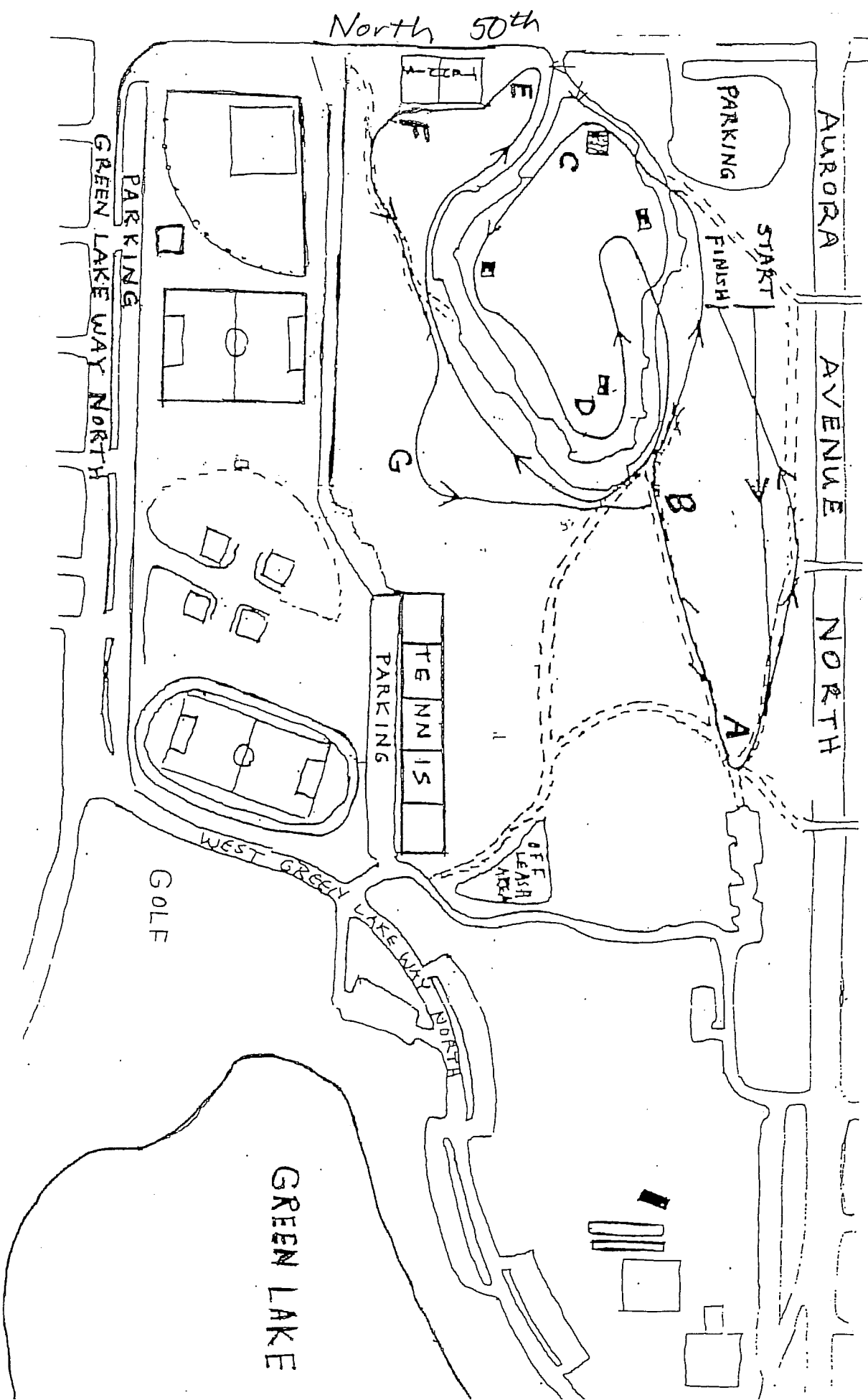
**Deadline:** Online registration must be completed by Wednesday, November 12<sup>th</sup> at 8:00pm.

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

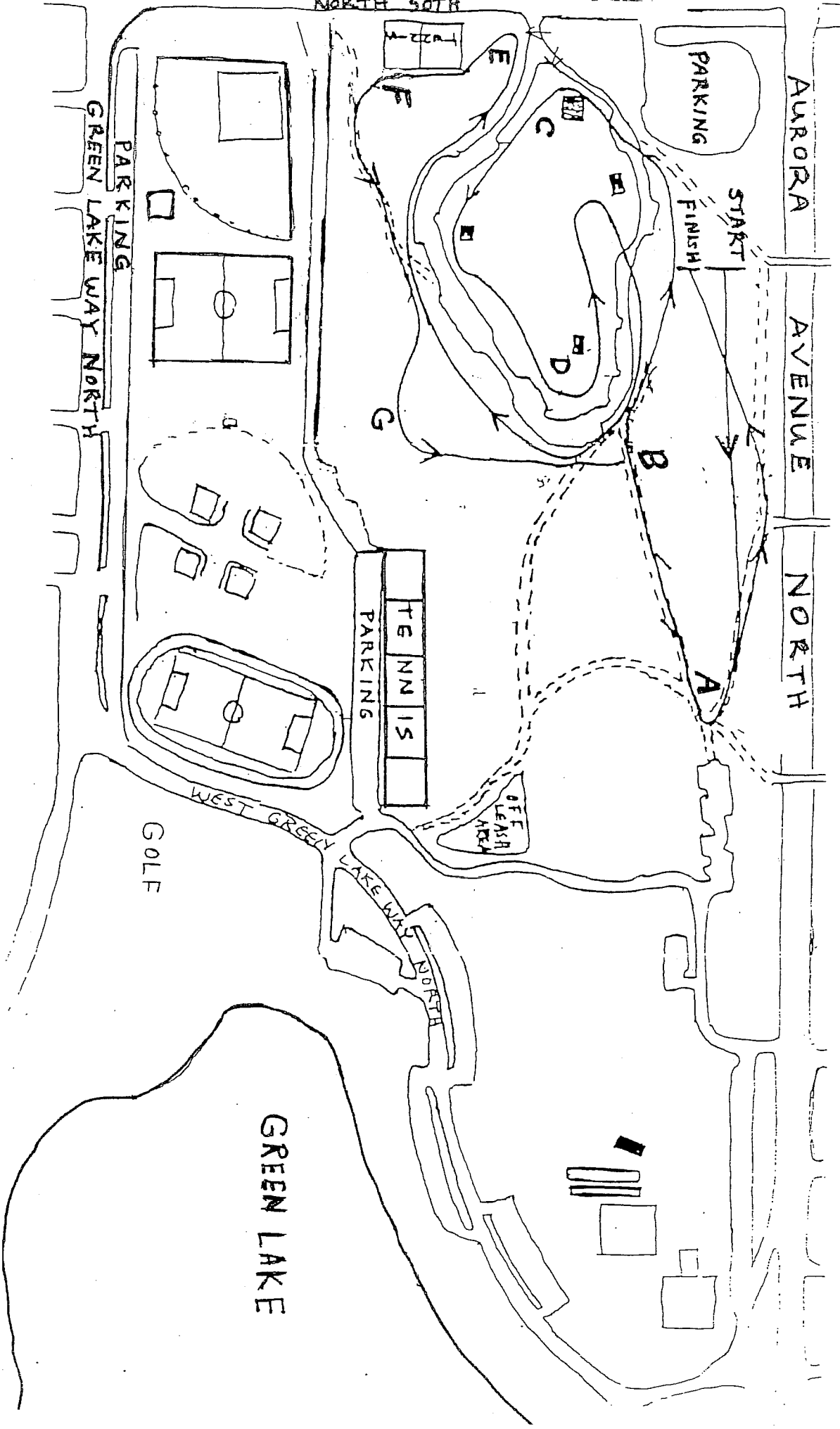
Only online registration will be accepted. To enter, go to [coacho.com](http://coacho.com); on-line registration; enter a meet and select Nov 15<sup>th</sup> USATF Pacific Northwest Association Junior Olympic Cross Country Championships.

**QUESTIONS:** James Henderson, Meet Director, [jhendersonhvtc@yahoo.com](mailto:jhendersonhvtc@yahoo.com)

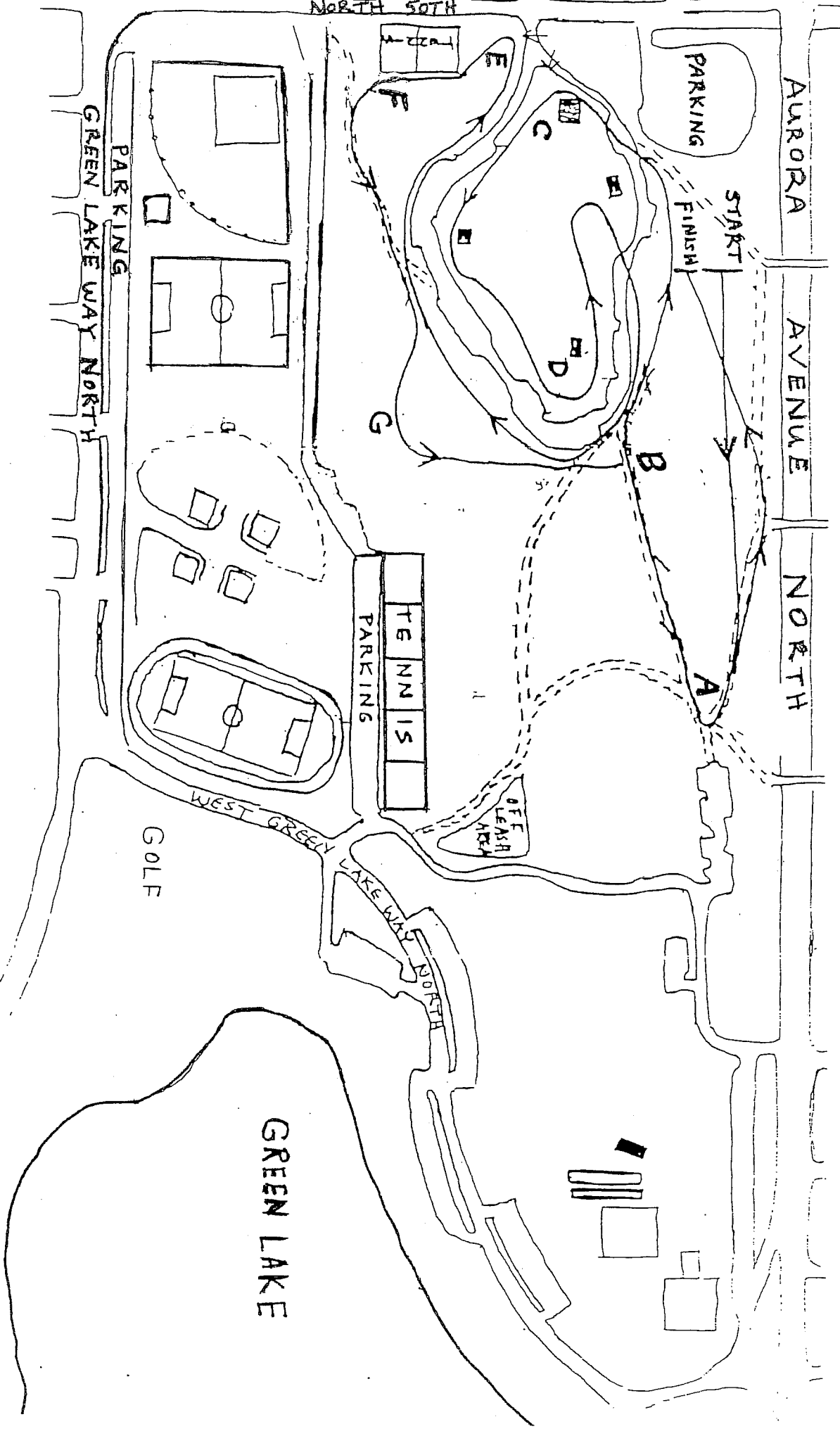




2000m Start - A - B - C - D - B - A - Finish



3000 M START- A - B - C - D - B - E - F - G - B - A - FINISH



4000 M START-A-B-C-D-B-E-F-G-B-D-C-B-A-FINISH

NORTH 50TH

AURORA AVENUE NORTH

PARKING

START FINISH

TENNIS PARKING

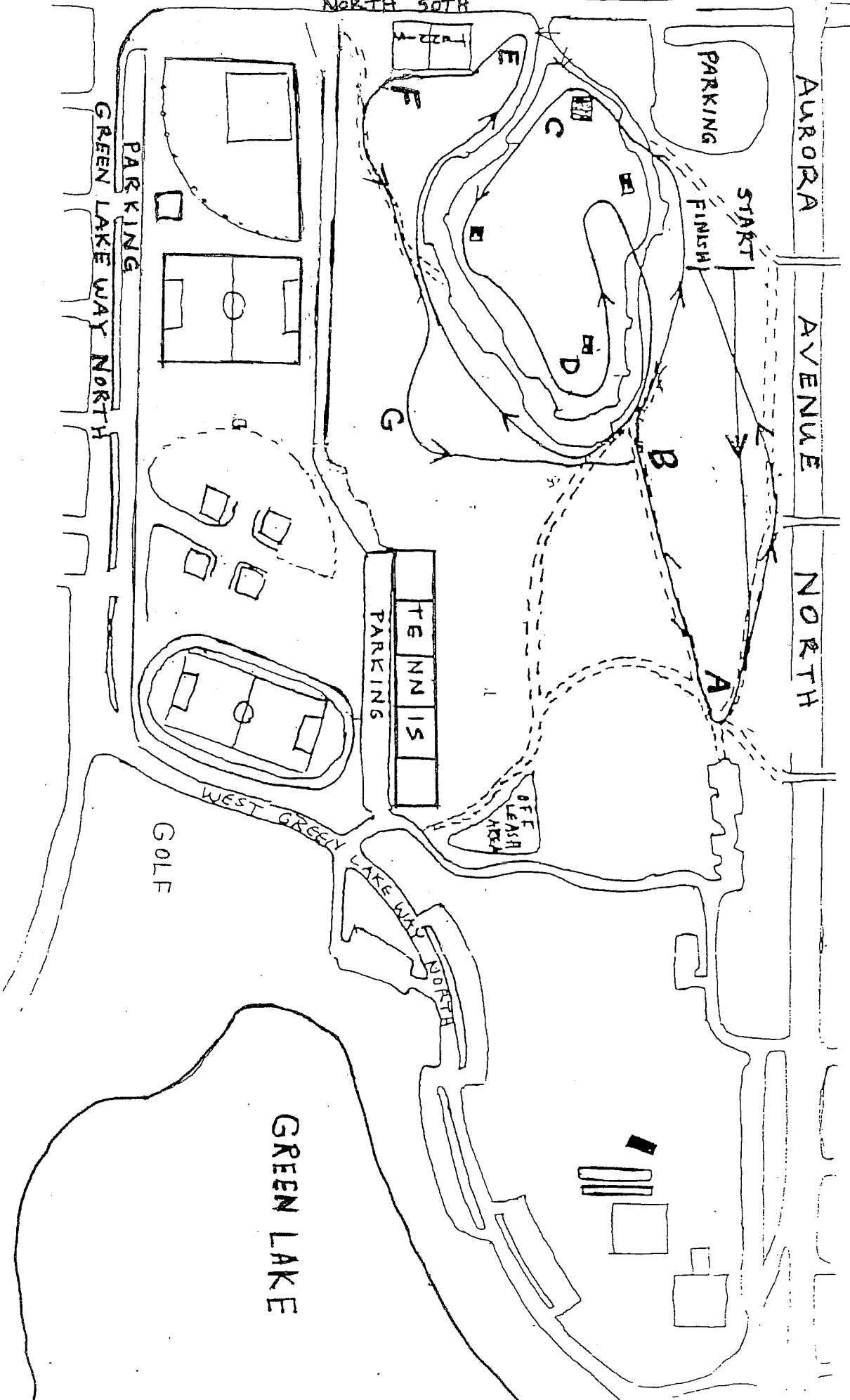
OFF LEASH AREA

WEST GREEN LAKE WAY NORTH

GOLF

GREEN LAKE

PARKING GREEN LAKE WAY NORTH



5000 M START-A-B-E-F-G-B-C-D-B-E-F-G-B-D-C-B-A-FINISH