



2013 USATF Region 13 Junior Olympic Cross Country Championships



**Saturday, November 23rd, 2013
Western Oregon University – Monmouth, OR
345 N Monmouth Ave Monmouth, OR 97361**

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 & Under (born 2005+)	2 km (1.24 miles)	Girls- 9:00am Boys- 9:30am
9-10 (born 2003-2004)	3 km (1.86 miles)	Girls – 10:00am Boys – 10:30am
11-12 (born 2001-2002)	3 km (1.86 miles)	Girls – 11:00am Boys – 11:30am
13-14 (born 1999–2000)	4 km (2.48 miles)	Girls – 12:00pm Boys – 12:30pm
15-16 (born 1997–1998)	5 km (3.1 miles)	Girls – 1:00pm Boys – 1:30pm
17-18 (born 1995-1996)	5 km (3.1 miles)	Girls – 2:00pm Boys – 2:30pm

ELIGIBILITY REQUIREMENTS:

Individuals: ** Must finish in the top 35 at your Association Meet. Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to November 17th at 8:00pm.

Teams: Only registered USATF member 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 registrations. 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 represent the score for each team.

TIMING: This year we will be using the organization Uberthons. They will use fully automatic timing and are going to provide a tremendous experience for our Athletes.

COMPETITION BIB NUMBERS OR TIMING CHIPS: All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Chips must be secured to either shoe. Bib numbers and or Timing Chips will be distributed to athletes **(at packet pickup beginning at 8:00am)**.

EVENT RESULTS: During competition, event results will be posted at **(Designated spot near packet pickup)**. In addition, event results will be posted at **oregon-usatf.org** and **athletic.net**

AWARDS: USATF Junior Olympic medals will be awarded to the top 20 individuals in each age division. **(Top 5 teams in each age division will receive an additional award)**.

ADVANCEMENTS: Top 30 individuals and top 5 teams in each age group will advance to the USATF National Championships to be held on December 14th in **San Antonio, TX**.

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by **Tuesday November 19th 6:00pm PST**
ONLY ONLINE ENTRIES WILL BE ACCEPTED. Please visit (www.oregon-usatf.org/youth) to enter
Individual Entries: **\$15.00** per athlete.

PAYMENTS: The online entry system accepts VISA, Mastercard, Discover, and electronic checks only.

Club Administrators and Unattached Athletes should register online at **WILL ENTER WHEN COACH O IS SET UP** by **11/19/13 at 6:00pm. Late entries will not be allowed.** Online registration opens **11/17/13. Fees must be paid online by the close of registration. Only VISA, Mastercard, Discover, and electronic check will be accepted.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Coach O for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://coachoregistration.com/meet/entry/assets/videos/usatf/index.html>.

Valid 2013 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via mail or fax) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

Uniforms: Teams will need to be in matching uniforms according to rule 253 (The jersey or singlet worn by the members of a team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty.)

This will be a spike course as 100% of it is on grass.

****Course preview and packet pickup will be available Friday November 22nd from 4:00-6:00pm Then again from 7:30-8:30am on Saturday the 23rd. ****

DIRECTIONS & PARKING: Google Western Oregon University, Oregon.
345 N Monmouth Ave, Monmouth, OR 97361

Parking is plentiful and available in and around the football stadium and along the street by the gym.

MEET DIRECTOR CONTACT:

Youth Chair: Scott Olson

Email: oregonyouthchair@gmail.com

Phone: 503-810-0963 (no calls after 7:00pm)

MEMBERSHIP INFORMATION CONTACT:

Membership Chair: Ryen Boyd

Email: usatforegonmembership@gmail.com

Fax: 503-384-2522

Phone: 503-730-9947 (no calls after 7:00pm)