

2014 USATF Region 13 Junior Olympic Regional Cross Country Championships



Saturday, November 22, 2014
Lower Woodland Park
N. 50th & Hwy 99 – Seattle, WA
Registration deadline: Tuesday, November 18th, 8pm

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, November 21 st , 3pm to dusk. Course maps available online at www.pntf.org/youth . 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- 9:00 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 □2:00	

ELIGIBILITY REQUIREMENTS:

Individuals: Top 35 individuals in each age division from their respective Association Championships qualify to advance to the Region 13 Cross Country Championships.

Teams: Top 5 teams from their respective Association Championships qualify to advance to the Region 13 Cross Country Championships.

8 & under athletes: May compete in the Regional meet 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.

TEAM SCORING: 8 athletes on the team entry may be declared as scoring athletes. The top 5 finishers among the declared runners will represent the score for each team.

AWARDS: USATF Junior Olympic medals will be awarded to the top 30 individuals in each age division and top 5 teams.

COMPETITION BIB NUMBERS & TIMING CHIPS: All competitors must wear their assigned bib numbers during competition, on the front of their jerseys. Bib numbers/timing chips are available for pick-up on race day starting at 7:30am.

JO REGIONAL ENTRY FEE & DEADLINE:

Online registration for the Regional meet will open 11/16/14. Registration must be completed and fees must be paid by November 18th at 8:00PM. Late registrations will not be allowed. Cost: \$15 per athlete (no team fee).

Only online registrations will be accepted. To enter, go to www.coacho.com and select Nov 22 USATF Region 13 Junior Olympic Cross Country Championships.

QUESTIONS: James Henderson, Meet Director, jhendersonhvtc@yahoo.com
 Char Engelhardt, Region 13 Coordinator, cengelhardt@juno.com; 425-770-9433

UNIFORMS: USATF Rule 254 Apparel

1. 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.
2. Individuals not complying with paragraph 1 may be disqualified from scoring for a team.

EVENT RESULTS: During competition, event results will be posted outside the awards tent. In addition, event results will be posted at www.usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx

T-SHIRTS & CONCESSIONS: Available for purchase at the meet.

NATIONAL ADVANCEMENTS: Top 30 individuals and top 5 teams in each age group qualify to advance to the USATF Junior Olympic Cross Country National Championships, Saturday, December 13th at Whispering Pines Golf Course in Myrtle Beach, SC. All entries for Nationals must be completed, paid for, and submitted online by visiting CoachO.com. Cost is \$20 per athlete (no team fee). usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx

DIRECTIONS: From I-5, take the 50th St. exit, travel west approximately 1 mile (crossing Green Lake Way North, passing the baseball and soccer fields). Turn right into the DIRT parking lot just before you go under the overpass.

PARKING: Parking is available at the dirt lot at N. 50th & Hwy 99, just before you go under the overpass (mentioned above). Additional parking available east of the course near the playfields on Green Lake Way North and at the north end of the course (just beyond point A on the course map) accessible from West Green Lake Way (take the road up the hill past the tennis courts and the off-leash area).

HOTELS:**Days Inn Seattle**

9100 Aurora Ave N, Seattle, WA
1.8 miles from the course
(206) 524-3600
\$95 + taxes
Breakfast and parking included

Holiday Inn - Seattle

211 Dexter Ave N., Seattle, WA
www.holidayinn.com/seattlewa
3.4 miles from the course
1 800 HOLIDAY (mention code UTF)
\$114 + taxes
Parking - \$15
Restaurant onsite
Must reserve by Nov 17th.

Holiday Inn Express Seattle City Ctr.

226 Aurora Ave N, Seattle, WA
www.hiexpress.com/sea-cityctr
3.4 miles from the course
1 800 Holiday (mention code JOC)
\$124 + taxes
Parking - \$15
Breakfast included
Must reserve by Nov 17th.

Silver Cloud Inn

5036 25th Ave NE, Seattle, WA
2.0 miles from the course
206- 526-5200 (mention code USATF)
\$159 + taxes (king); \$169 (2 queens)
Breakfast and parking included.

Hotel Five

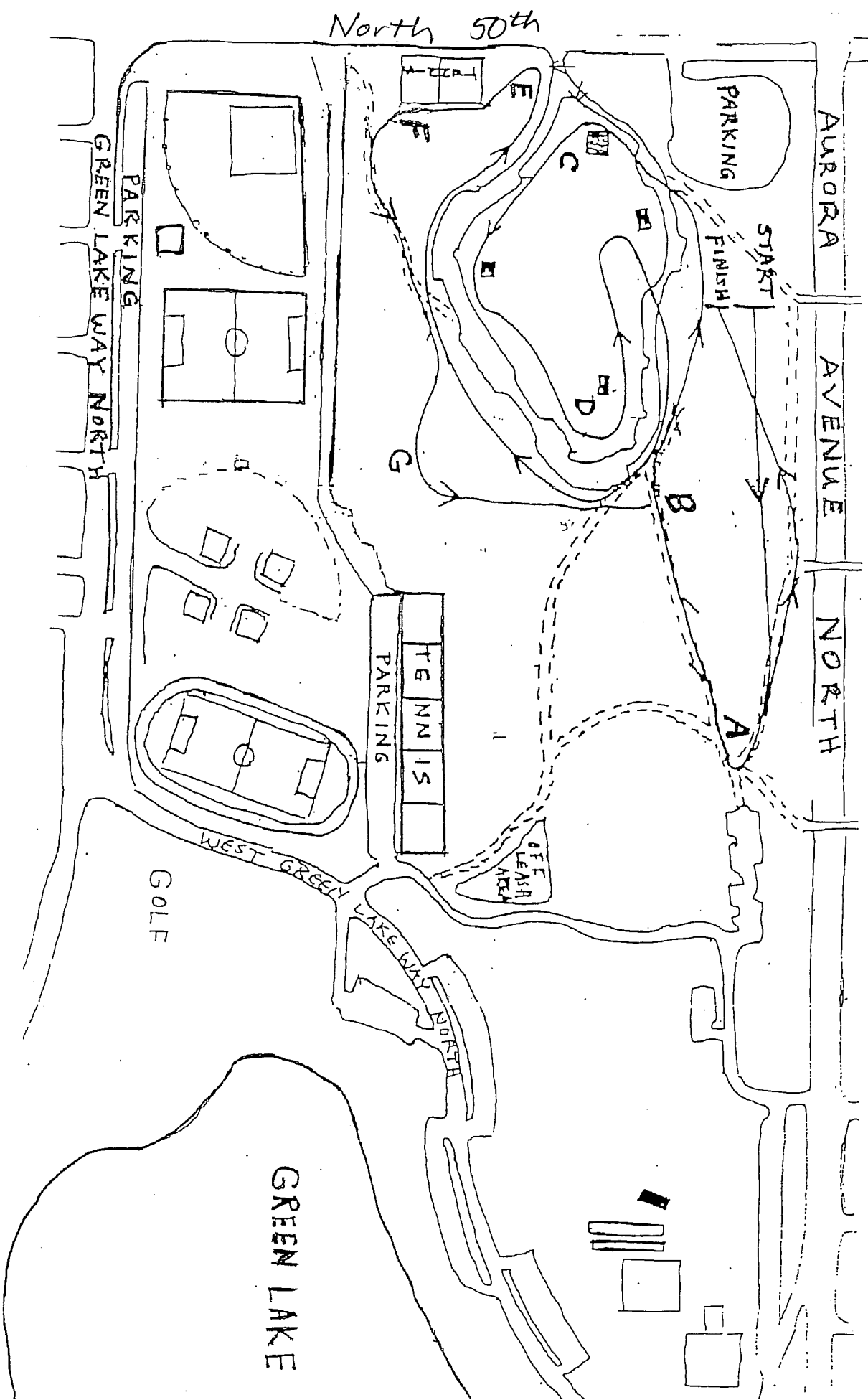
2200 5th Ave,
Downtown Seattle, WA
3.5 miles from the course
866-866-7977 (mention code XCR)
www.hotelfiveseattle.com
\$149.00 + taxes (single/dble; add guest \$20 ea.)
Parking - \$15.00
Café onsite

Maxwell Hotel

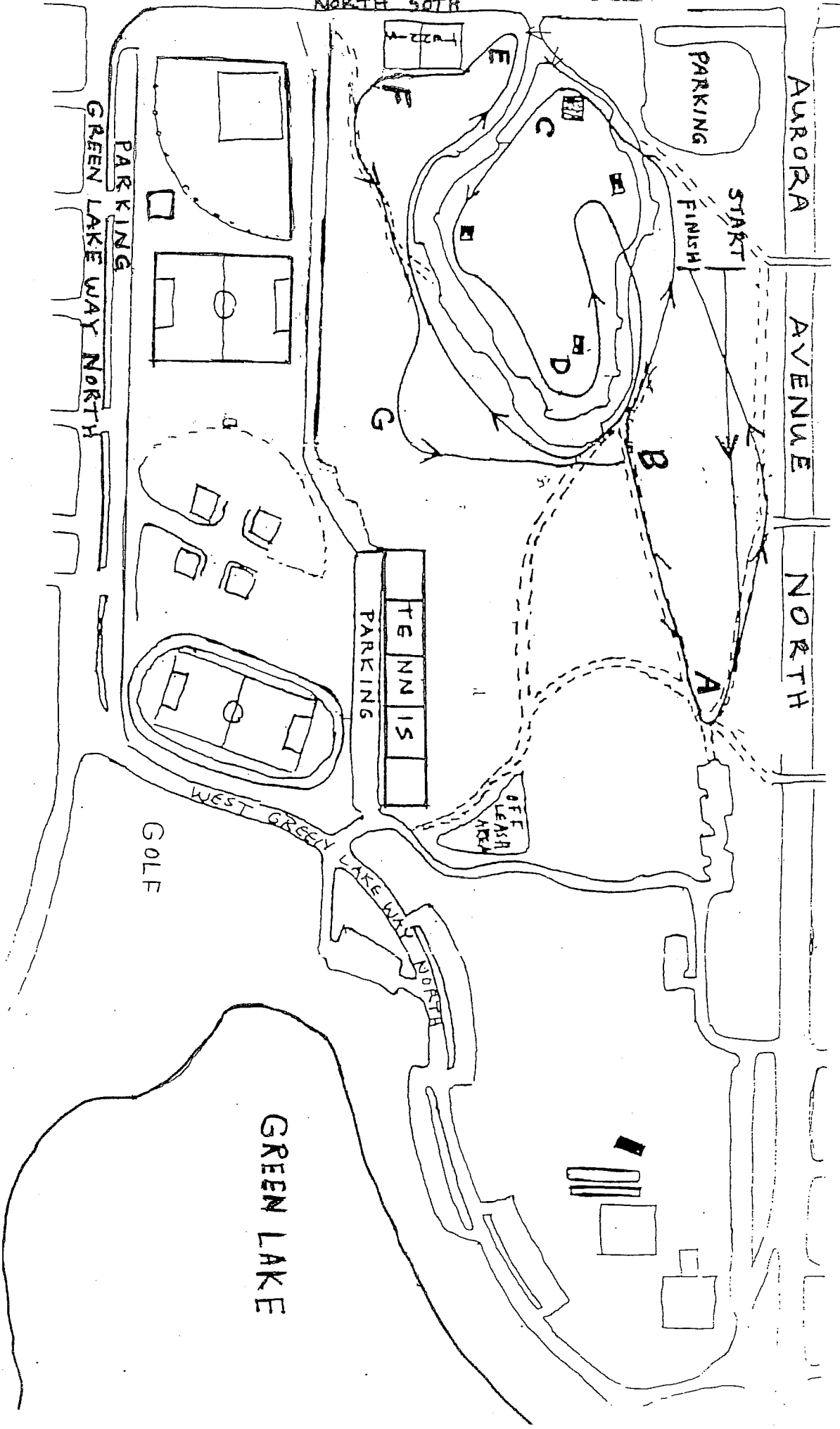
300 Roy Street
Seattle, WA
3.1 miles from the course
866-866-7977 (mention code XCR)
www.themaxwellhotel.com
\$149 + taxes (single/dble; add guest \$20 ea.)
Parking included
Café onsite

University Inn

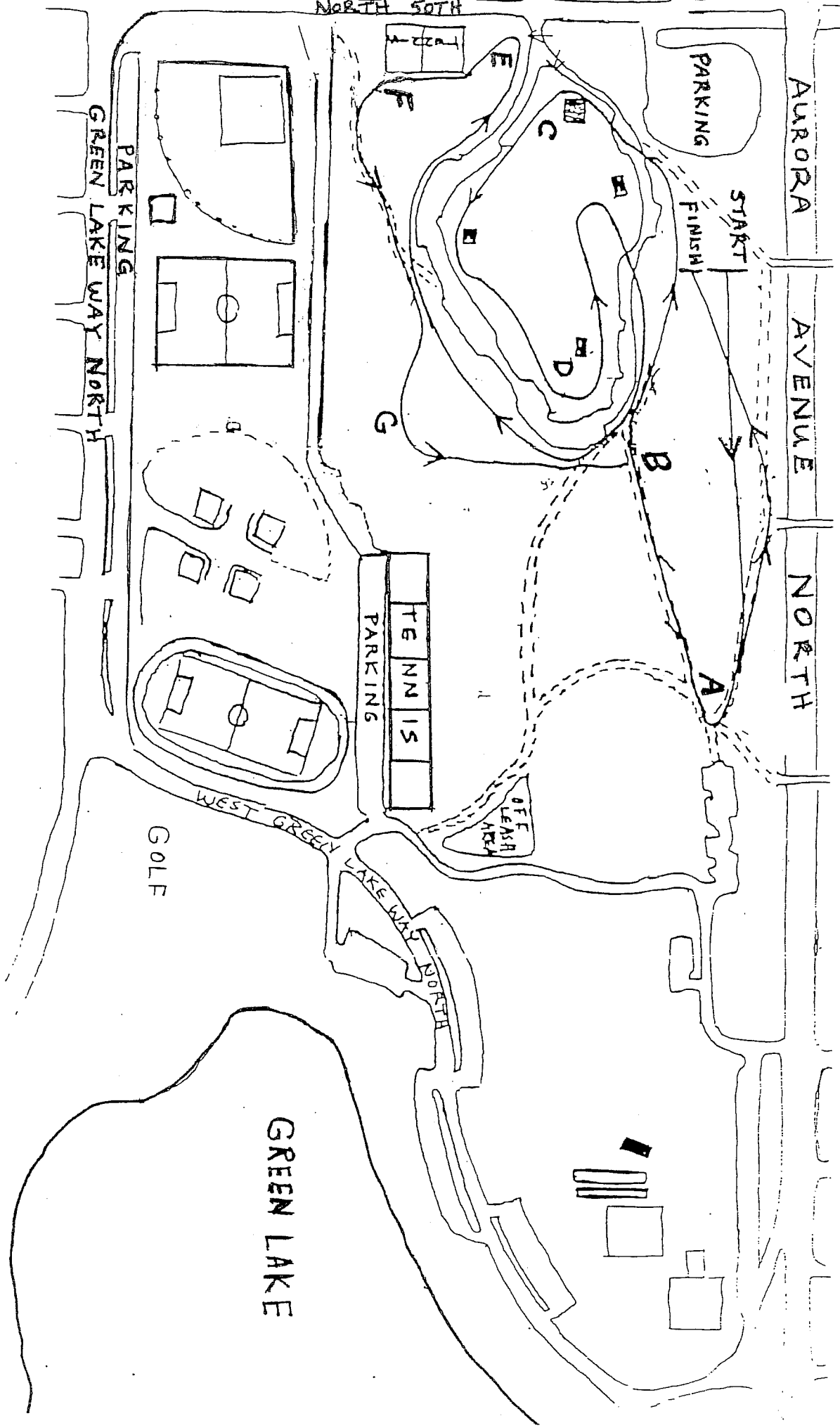
4140 Roosevelt Way NE
Seattle, WA
2.2 miles from the course
866-866-7977 (mention code XCR)
www.universityinnseattle.com
\$169.00 + taxes (single/dble; add guest \$20 ea.)
Parking included
Breakfast included



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

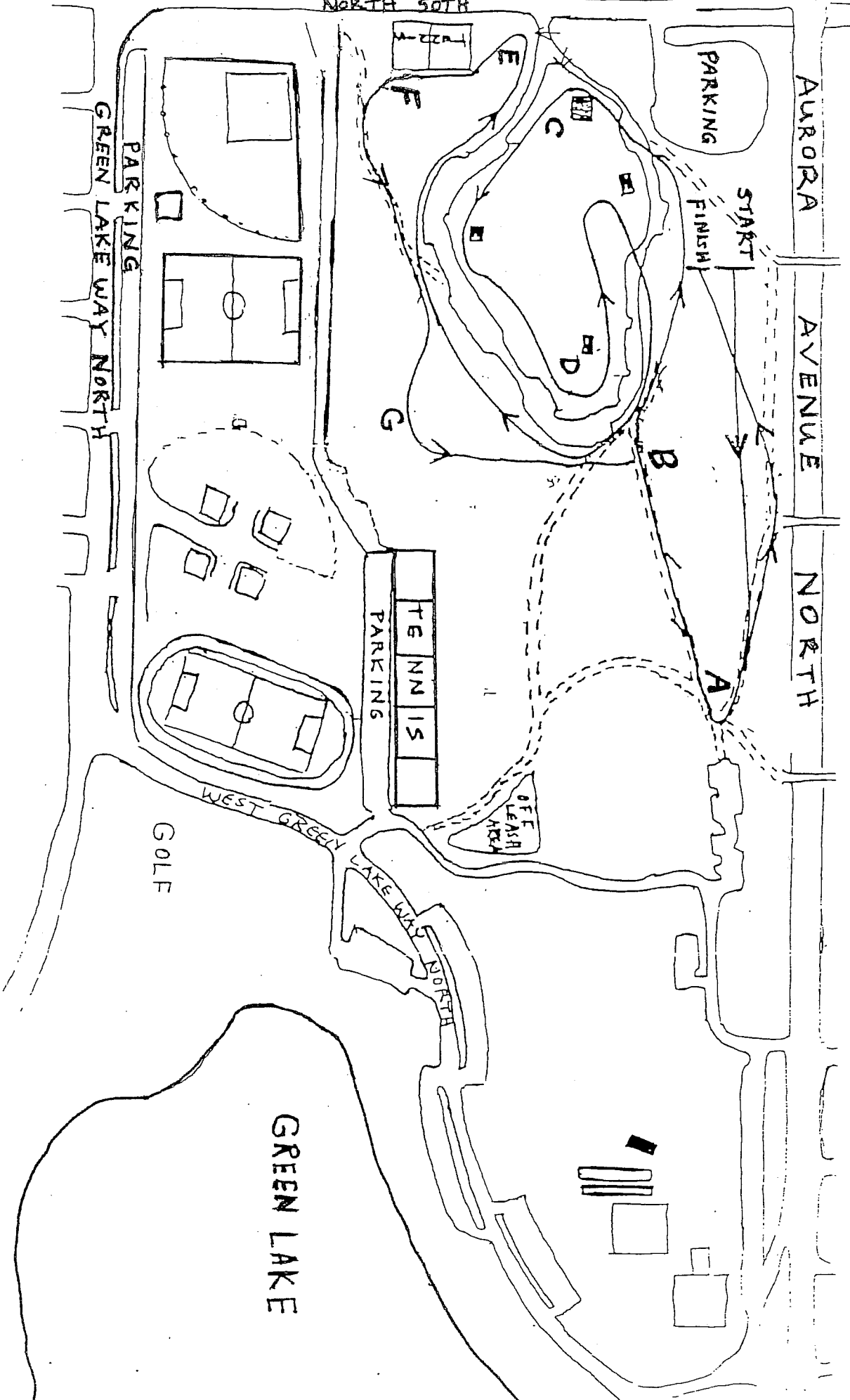


3000 M START-A-B-C-D-B-E-F-G-B-A-FINISH



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

NORTH 50TH



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