

# 2010

## JUNIOR OLYMPICS

### CROSS COUNTRY CHAMPIONSHIPS

PACIFIC NORTHWEST ASSOCIATION YOUTH ATHLETICS  
USA TRACK & FIELD

SATURDAY, NOVEMBER 13<sup>th</sup>, 2010

COURSE: **“UPPER” LOWER WOODLAND PARK**  
N. 50<sup>th</sup> & Hwy 99, Seattle, WA

AWARDS: Top 10 individuals in each age  
Members of top 3 teams

DIVISIONS: Age you turn during this year (Jan-Dec)

T-SHIRTS: Available for sale at the meet

FEE: \$8.00 per athlete (no team fees)

*ONLINE REGISTRATION ONLY – no day of race entries*

[http://usatfregistration.com/meet/entry/wa\\_usatfyouthpna](http://usatfregistration.com/meet/entry/wa_usatfyouthpna)

or go to [www.CoachO.com](http://www.CoachO.com); on-line registration; enter a meet; select the PNA CC Assn meet on November 13<sup>th</sup>. Registration opens October 14<sup>th</sup>.

**REGISTRATION DEADLINE:**

**Tuesday, November 9<sup>th</sup> @ 11:59pm**

\*\* Athletes must have CURRENT USATF membership number to register ONLINE. The 2011 membership numbers will be available online Nov 1<sup>st</sup> at [USATF.org/membership](http://USATF.org/membership).

\*\*\*2010 Membership Number Special Offer for OCT, NOV, DEC, 2010 for those wanting cross country coverage only is being offered at \$10.00.

#### LOCATION:

“Upper” Lower Woodland Park - N. 50<sup>th</sup> & Hwy9, Seattle, WA  
Exit I-5 from the 50th Street exit, go west until you pass the baseball and soccer fields. Turn into the parking lot just before you go under the overpass.

## SCHEDULE

9:30AM RACE NUMBER PICKUP (AVAILABLE ALL DAY)

10:30	BANTAM GIRLS	10&U	3000M
11:00	BANTAM BOYS	10&U	3000M
11:30	MIDGET GIRLS	11-12	3000M
12:00	MIDGET BOYS	11-12	3000M
12:30	YOUTH GIRLS	13-14	4000M
1:00	YOUTH BOYS	13-14	4000M
1:30	INT GIRLS/YOUNG WOMEN	15-16/17-18	5000M
2:00	INT BOYS/YOUNG MEN	15-16/17-18	5000M

INDIVIDUALS Top 35 individuals in each age division from the Association Championships may advance to the Regional Cross Country Championships: Saturday, November 20, 2011  
Oregon City High School, 19761 Beaver Creek Rd, Oregon City, OR

#### QUALIFYING TEAMS

Team members may not be changed after Association DECLARATIONS. The “ONLINE team entry form and roster” will serve as the declaration.

The top 3 teams from the association Championships qualify for JO Regionals. Teams must be 2010 USATF registered clubs

Teams are comprised of 5 to 8 members.

The first 5 score by their adjusted place finish after displacing all non-club athletes and athletes from incomplete teams.

#### REGIONAL REGISTRATION

JO Regional entry fee: \$15.00 per athlete (no team fees).

*Online Registration Only* – registration info available at the JO Association meet.

#### NATIONALS

Top 20 individuals and top 3 teams advance from Regionals to Junior Olympic Nationals: Veterans Park, Hoover, Alabama December 11, 2010  
[www.usatf.org/events/2010/USATFJuniorOlympicXCChampionships](http://www.usatf.org/events/2010/USATFJuniorOlympicXCChampionships)

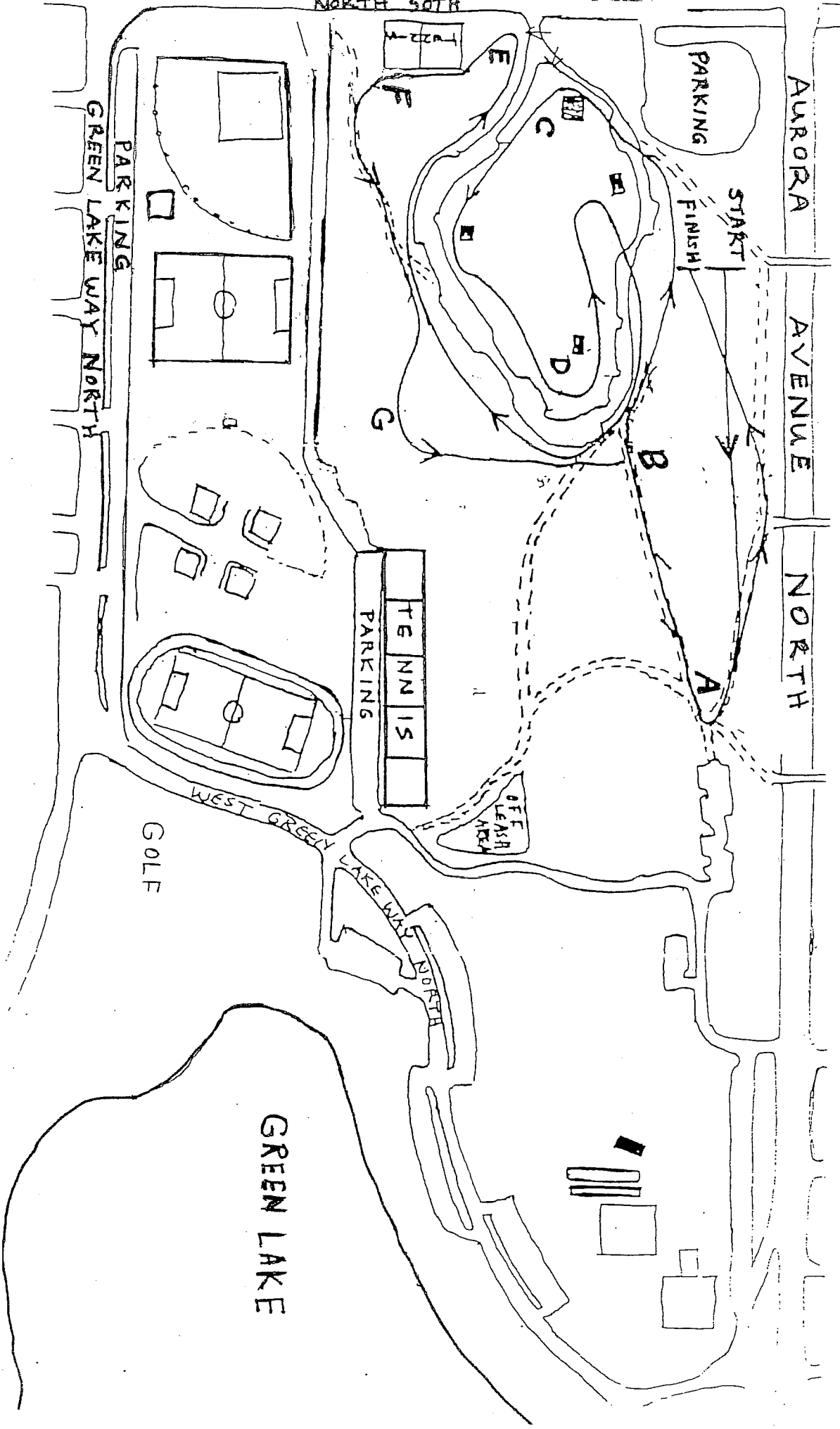
JO National entry fee: \$20.00 per athlete (no team fees).

*Online Registration Only* – registration info available at the JO Regional meet.

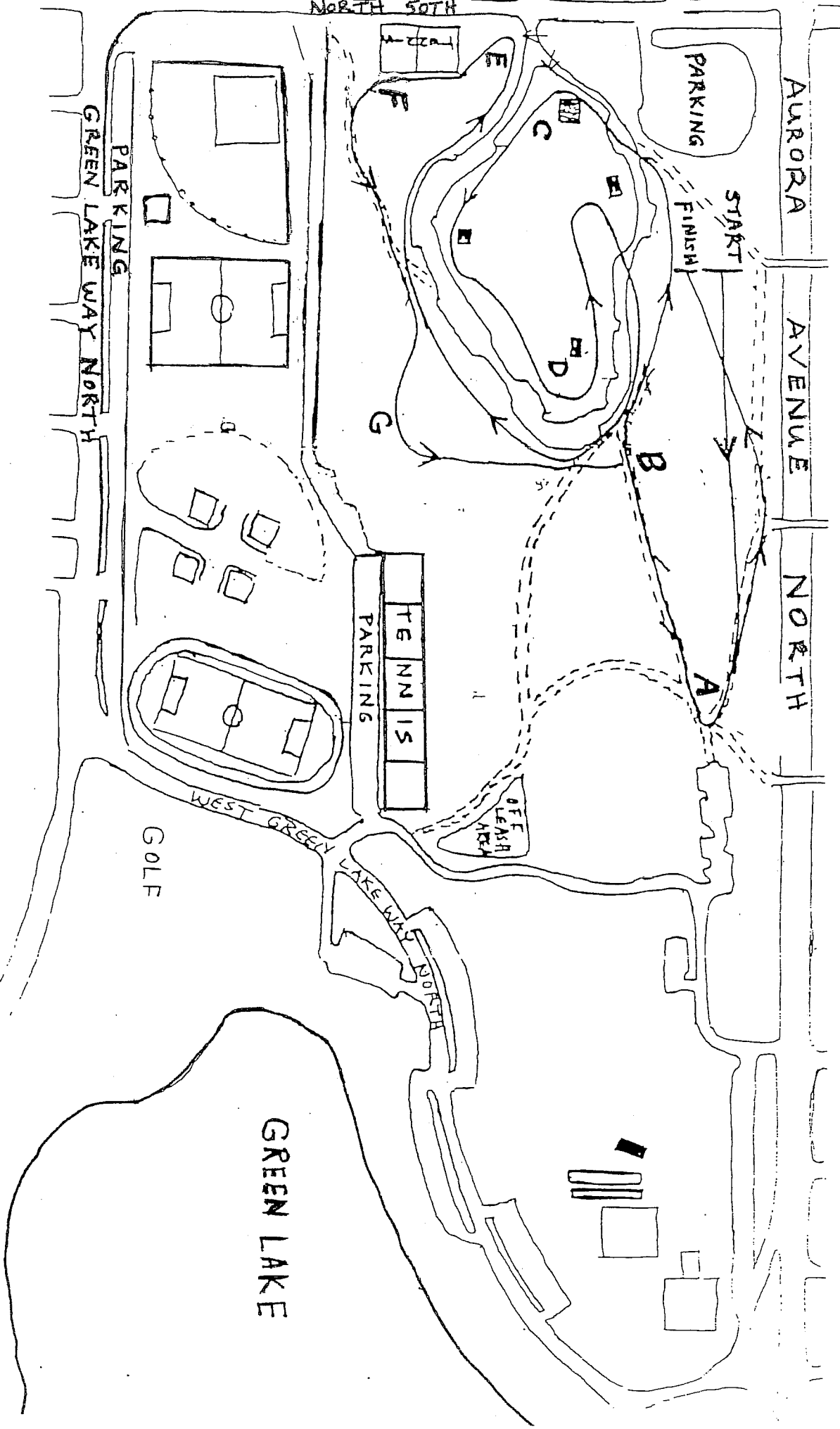
This is a USATF-sanctioned Junior Olympics event.

#### Questions:

Darryl Genest, Meet Director: (253) 839-4964 [darryl.genest@hotmail.com](mailto:darryl.genest@hotmail.com)  
Char Engelhardt: (425) 770-9433



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

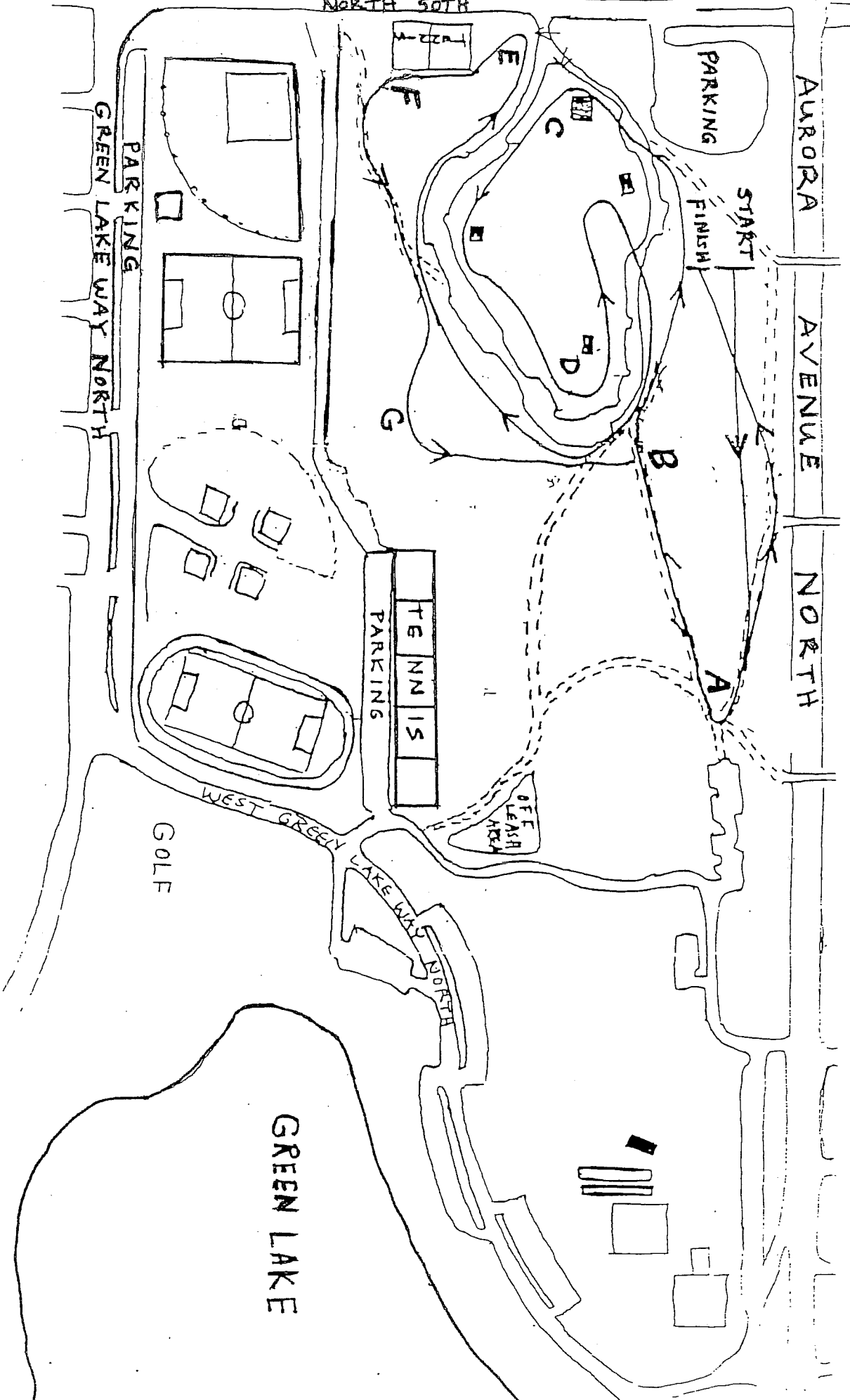
OFF LEASH AREA

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