

Contact Information: Dan Joynt, Meet Director - 503.585.9438  
Char Engelhardt, Regional Coordinator–  
(425) 770-9433

Awards: Top 20 individuals receive medals, awards to top  
3 teams.

Souvenir Clothing: Available for sale at the meet

Concessions: On-site

### **Schedule:**

#### **Friday, November 19**

3:00 -6:00 Course walk through

#### **Saturday, November 20**

7:30 am	Packet pickup	
8:00 am	Open/Masters, Men/Women	8k/6k
8:45 am	Sub Bantam Girls/Boys(8 & under)	2k
9:10 am	Bantam Girls	3k
9:35 am	Bantam Boys	3k
10:00 am	Midget Girls	3k
10:30 am	Midget Boys	3k
11:00 am	Youth Girls	4k
11:30 pm	Youth Boys	4k
12:00 pm	Intermediate Girls	5k
12:30 pm	Intermediate Boys	5k
1:00 pm	Young Women	5k
1:30 pm	Young Men	5k

#### Open & Masters NW XC Championships

Athletes may register at the following website:

<https://www.signmeup.com/site/online-event-registration/71335>

if they want to sign up online. There will also be day of race  
registration offered at the Team Red Lizard booth.

Course: Oregon City High School  
19761 S Beaver Creek Rd.  
Oregon City, OR 97045  
(behind the HS)

Course maps available online at [www.usatf-oregon.org](http://www.usatf-oregon.org)

### **Directions to Oregon City High School:**

Take exit 10 off of I-205. Go 3 miles south to the light at Beavercreek Rd. Go left (east) one mile **in the left lane** (pass the east entrance of Clackamas Community College). Enter the Oregon City High School parking lots on north or south side of campus. Meet on the track behind the main buildings.

### **Advancing to Nationals:**

Top 20 individuals in each age division (sub bantams not included) and the top 3 teams may advance to the National Cross Country Championships: Saturday, December 11, 2010. Cost is \$20.00,  
**Registration will be online only.**

**This is a USATF Sanctioned Junior Olympics Event**

For performance lists and results:

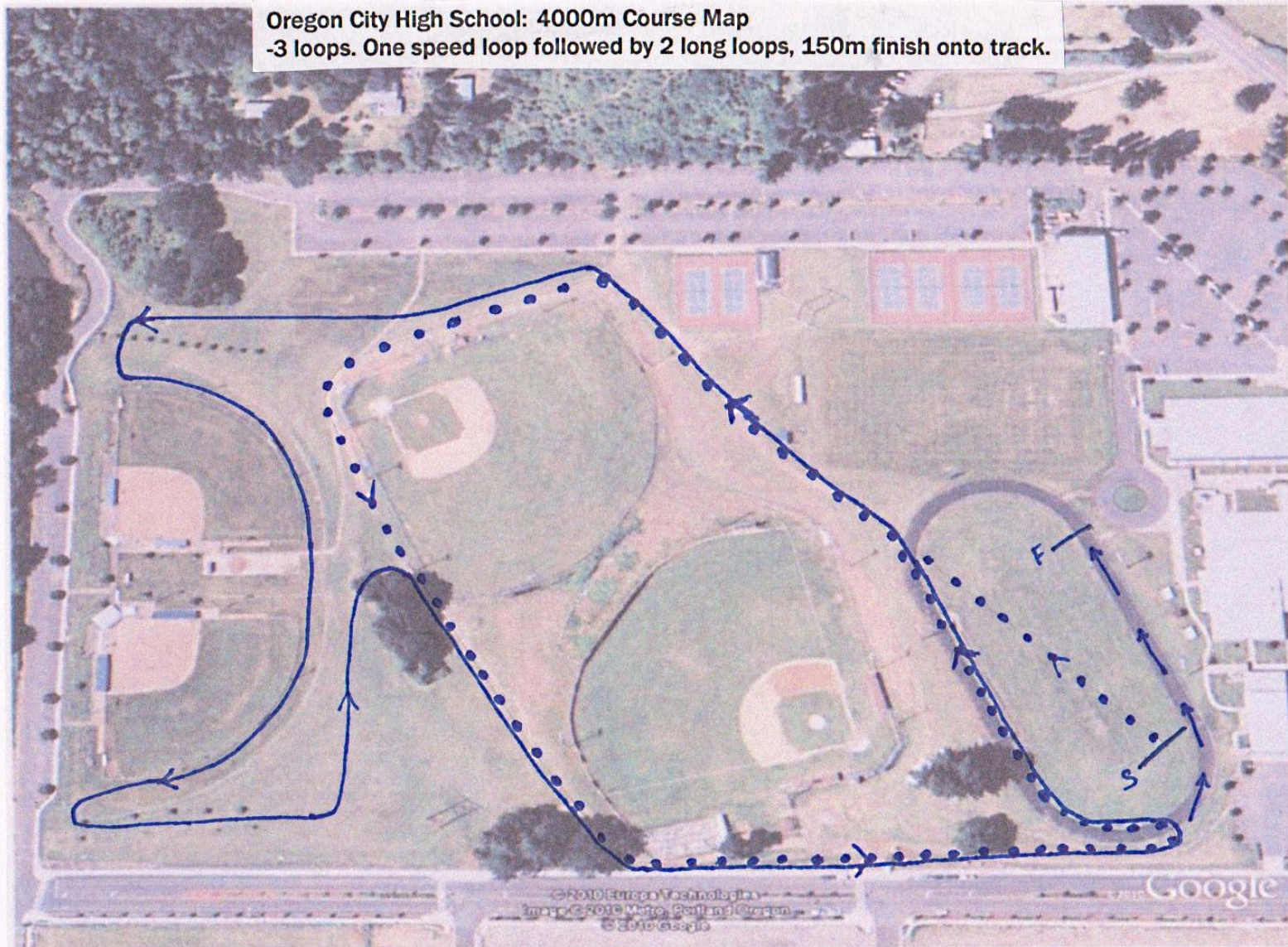
[http://usatfregistration.com/meet/info/or\\_usatfregion13/2010/11-20\\_USATF\\_Region\\_13\\_JO\\_Cross\\_Country\\_Championships](http://usatfregistration.com/meet/info/or_usatfregion13/2010/11-20_USATF_Region_13_JO_Cross_Country_Championships)

Oregon City High School: 3000m Course Map  
-2 long loops with 150m finish onto track.





Oregon City High School: 4000m Course Map  
-3 loops. One speed loop followed by 2 long loops, 150m finish onto track.





**Oregon City High School: 5000m Course Map**  
-3 long loops. Upper soccer field addition on loops 2 and 3, 150m finish onto track.

