

**Lodging for Region 13 Junior Olympic  
Cross Country Championships**

Best Western Plus Rivershore Hotel  
1900 Clackamette Dr.  
Oregon City, Or  
503 655 7141  
[www.bestwesternoregon.com](http://www.bestwesternoregon.com)

Oxford Suites  
75 82<sup>nd</sup> Dr  
Gladstone, Or  
503 722 7777  
[www.oxfordsuitesportlandsoutheast.com](http://www.oxfordsuitesportlandsoutheast.com)

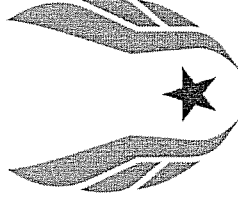
Hampton Inn  
9040 SE Adams St.  
Clackamas, Or  
503 655 7900  
[www.portlandpdxhotel.com](http://www.portlandpdxhotel.com)

Econolodge Portland  
17330 SE McLoughlin Blvd  
Portland, Or  
503 654 2222  
[www.econolodge.com](http://www.econolodge.com)

Comfort Suites  
15929 SE McKinley Ave  
Clackamas, Or  
503 723 3450  
[www.comfortsuites.com](http://www.comfortsuites.com)

Clackamas Inn  
16010 SE 82<sup>nd</sup> Dr  
Clackamas, Or  
503 650 5340  
[www.clackamasinn.com](http://www.clackamasinn.com)

**2010 Region 13  
Junior Olympic/Open & Master  
Cross Country Meet Championships  
Saturday, November 20, 2010  
Oregon City, Oregon**



**USA**  
**TRACK & FIELD**<sup>SM</sup>  
**OREGON**

**Age Groups for 2010**

Sub Bantam 2002 +  
Bantam 2000 - 2001  
Midget 1998 - 1999  
Youth 1996 - 1997  
Intermediate 1994 - 1995  
Young Men/Women 1992 - 1993

**Registration:**

Sub Bantam thru Young Men & Women Divisions: **On Line Only**

**Register ONLINE ONLY beginning November 14 with Coach O.  
On-line entry opens: 11/14/2010 Closes: 11/17/2010 11:59PM PT**

On-line meet entry:

[http://usatfregistration.com/meet/entry/or\\_usatfregion13/](http://usatfregistration.com/meet/entry/or_usatfregion13/)

Cost is \$15.00

Please send general information and meet information questions or  
comments to [Dan Joynt \(danjoynt@comcast.net\)](mailto:Dan.Joynt@comcast.net).

Please send technical questions regarding on-line meet entry to  
[xcregistrar@yahoo.com](mailto:xcregistrar@yahoo.com)

Contact Information:

Dan Joynt, Meet Director - 503.585.9438  
Char Engelhardt, Regional Coordinator—  
(425) 770-9433

Course:

Oregon City High School  
19761 S Beaver Creek Rd.  
Oregon City, OR 97045  
(behind the high school)

Awards:

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

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

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	
8:30 am	Sub-Bantam Girls/Boys	2k
9:00 am	Bantam Girls	3k
9:30 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
2:00 pm	Open & Masters Women	6k
2:45 pm	Open & Masters Men	8k

Open & Masters Divisions

\$15.00 cash Adult Races – No team fees

Entry forms online at [www.usatf-oregon.org](http://www.usatf-oregon.org)

Mail in advance to:

Meet Registrar

471 Quarry Road

Springfield, Oregon 97477

**Directions to Oregon City High School:**

Take exit 10 off of I-205. Go 3 miles south on Cascade Hwy, (Hwy 213), to the light at Beaver Creek 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, Veteran's Park, Hoover, Alabama. Cost is \$20.00.

**Registration will be online only.**

Info for online registration will be available after qualifying at the regional meet.

**National XC JO Championship info go to:**

[www.usatf.org/events/2010/usatfjuniorolympicxcchampionship/](http://www.usatf.org/events/2010/usatfjuniorolympicxcchampionship/)

**This is a USA TF 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)