



2011 USATF Pacific Northwest Association Junior Olympic Cross Country Championships



**Saturday, November 12, 2011
Woodland Park N. 50th & Hwy 99 – Seattle, WA**

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, November 11 th from 3pm to dusk. This is a hilly course with mostly compact dirt trails and very brief road crossings. Spikes are strongly recommended.
Sub-bantam (born 2003+)	2 km	Girls- 9:30 Boys- 9:30	
Bantam (born 2001-2002)	3 km	Girls – 10:00 Boys – 10:30	
Midget (born 1999-2000)	3 km	Girls – 11:00 Boys – 11:30	
Youth (born 1997–1998)	4 km	Girls – 12:00 Boys – 12:30	
Intermediate (born 1995–1996)	5 km	Girls – 1:00 Boys – 1:30	
Young (born 1993-1994)	5 km	Women – 1:00 Men – 1:30	

ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership is required to compete (www.usatf.org/membership). Proof of age (birth certificate, passport, certified baptismal record, driver's license/permit, or US government identification) is required and must be submitted prior to meet registration. Follow the mailing instructions that appear at the bottom of your USATF membership confirmation or email proof of age to pnamember@comcast.net. Please include your name, USATF number and email address. Please allow sufficient time for age verification.

Teams: Only 2011 registered USATF 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.

Sub-bantams: May compete in the Association and Regional meets regardless of age, but must be at least 7 years old as of 12/31/2011 to be eligible to compete at the Junior Olympic National meet.

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 score.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Bib numbers are available for pick-up throughout the day and will be distributed once a race waiver has been submitted.

EVENT RESULTS: During competition, event results will be posted. In addition, event results will be posted at www.pntf.org/youth.

AWARDS: USATF Junior Olympic medals will be awarded to the top ten individuals in each age division and top 3 teams.

ADVANCEMENTS: Top 35 individuals and top 3 teams in each age group will advance to the USATF Region 13 Championships to be held on November 19 at Woodland Park, Seattle, WA.

All advancements/entry for the USATF Region 13 Championships must be completed, paid for, and submitted online by November 16th. Online entries may be submitted by visiting www.coachoregistration.com. The National Championships will be held on Saturday, December 10th at Whispering Pines Golf Course in Myrtle Beach, South Carolina. The top 20 athletes and 3 teams at the Region 13 Championships will qualify for the National Championships:

www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships.

ENTRY FEES & DEADLINES:

Deadline: Online registration must be completed by November 9th at 11:59PM.

Cost: \$8.00 per athlete (no team fee).

Only online registrations will be accepted. To enter, go to: http://coachoregistration.com/meet/info/wa_usaxcyouth36/2011/11-12_USATF_Pacific_Northwest_Association_Junior_Olympic_Cross_Country_Championships/

WAIVER: Competitors must print out and submit their meet entry waiver to receive their race number.

QUESTIONS: Darryl Genest, Meet Director, darryl.genest@hotmail.com; 253-839-4964.

