

### 2k Course

2012 USATF XC Championships — Mead HS



### 3k Course

2012 USATF XC Championships — Mead HS



### 4k Course

2012 USATF XC Championships — Mead HS



### 5k Course

2012 USATF XC Championships — Mead HS



### Course Maps

Maps are also available at:

[sites.google.com/site/inlandnwtrackandfield/](http://sites.google.com/site/inlandnwtrackandfield/)

# Congratulations

and **Welcome** to the

## 2012 USATF Region 13 Junior Olympic Open & Masters Cross Country Championships

Saturday, November 17, 2012

Course: Mead High School  
302 W. Hastings Rd., Spokane, WA

Register at:

[http://usatfregistration.com/cgi-bin/login.pl?cd=wa\\_usaxcregion13](http://usatfregistration.com/cgi-bin/login.pl?cd=wa_usaxcregion13)

Cost: **Sub-Bantam thru Young Men & Women Divisions**  
\$15.00 per athlete – No team fees

Awards: Top 10 individuals in each age division  
Members of the top 3 teams

Divisions: Age you turn during this year (Jan.–Dec. 2012)

Shirts: Available for sale at the meet

Concessions: On-site

Spikes: **ONLY 1/4" SPIKES ALLOWED**

**Location: Mead High School** – 302 W Hastings Rd. Spokane, WA.

**Schedule:**

**Friday, November 16:**

12:00pm – 5:00pm Packet Pick-up and course preview at Mead High School

**Saturday, November 17**

8:00am	Packet Pickup	
9:00am	Sub-Bantam Girls <b>and</b> Boys	2k
9:30am	Bantam Girls	3k
10:00am	Bantam Boys	3k
10:30am	Midget Girls	3k
11:00am	Midget Boys	3k
11:30am	Youth Girls	4k
12:00pm	Youth Boys	4k
12:30pm	Intermediate Girls <b>and</b> Young Women	5k
1:00pm	Intermediate Boys <b>and</b> Young Men	5k
<b>2:00pm</b>	<b>Open &amp; Master Women*</b>	6K
<b>2:45pm</b>	<b>Open &amp; Master Men*</b>	8k

**Advancing to Regionals:**

Top 35 individuals in each age division from the association Championships may advance to the Regional Cross Country Championships: Saturday, November 17, 2012 at Mead HS, Spokane, WA

**Regional Entry Fees:**

\$15.00 per runner – No team fees

**NOTE:** You **MUST** register online for the Region 13 meet

**BEFORE** 5:00pm, Wednesday November 14, 2012 at:

**[http://usatfregistration.com/cgi-bin/login.pl?cd=wa\\_usaxcregion13](http://usatfregistration.com/cgi-bin/login.pl?cd=wa_usaxcregion13)**

Questions Call: Char Engelhardt – (425) 770-9433

Kim Kutsch – (509) 468-8211 or email at [kkutsch2@comcast.net](mailto:kkutsch2@comcast.net)

This is a USATF Sanctioned Junior Olympics event.

**Qualifying Teams:**

Team members may not be changed after association DECLARATIONS. The “team on-line entry and roster” will serve as declaration. The top 3 teams from the association Championships qualify for regionals. Teams must be 2012 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.

**Nationals:**

Top 20 individuals and top 3 teams advance from Regionals to the Junior Olympic Nationals December 8, 2012 Albuquerque, New Mexico. Entry fee is \$20.00 You **MUST** register online.

**Hotel information:**

The Spokane Regional Sports Commission welcomes you to Spokane, Washington. The following local hotels have provided special rates for athletes, coaches, officials, and fans for the upcoming event. To book under the discount, please contact the chosen hotel and mention “Region 13 JO”.



**HOLIDAY INN SPOKANE AIRPORT**

1616 S. Windsor Road Spokane, WA 99224  
(509) 838-1170 | [www.hispokane.com](http://www.hispokane.com)  
Rate: \$95.00\* 11.7 miles from Mead HS



**OXFORD SUITES SPOKANE DOWNTOWN!**

115 W. North River Drive, Spokane, WA 99202  
(509) 353-9000 | [www.oxfordsuitesspokane.com](http://www.oxfordsuitesspokane.com)  
Rate: \$99.00\* 7.5 miles from Mead HS



**QUALITY INN OAKWOOD**

7919 N. Division St. Spokane, WA 99208  
(509) 467-4900 | [www.qualityinnoakwood.com](http://www.qualityinnoakwood.com)  
Rate: \$79.00\* 3.4 miles from Mead HS



\*Breakfast Included