



2014 USATF Pacific Northwest Association Junior Olympic Cross Country Championships



Saturday, November 15, 2014

Woodland Park N. 50th & Hwy 99 – Seattle, WA

Registration deadline: Wednesday, November 12th, 8pm

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, November 14 th from 3pm to dusk.
Ages 8 & Under (born 2006+)	2 km	Girls- 9:30 Boys- 9:30	
Ages 9-10 (born 2004-2005)	3 km	Girls ó 10:00 Boys ó 10:30	This is a hilly course with mostly compact dirt trails and very brief road crossings. Spikes are strongly recommended.
Ages 11-12 (born 2002-2003)	3 km	Girls ó 11:00 Boys ó 11:30	
Ages 13-14 (born 2000ó2001)	4 km	Girls ó 12:00 Boys ó 12:30	
Ages 15-16 (born 1998ó1999)	5 km	Girls ó 1:00 Boys ó 1:30	
Ages 17-18 (born 1996-1997)	5 km	Women ó 1:00 Men ó 1:30	

ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership is required to compete (www.usatf.org/membership). Proof of age must be submitted, and age verified, prior to meet registration. Documents accepted as proof of age: birth certificate, passport, certified baptismal record, driver's license/permit, or US government identification. 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.**

Ages 8 & Under: May compete in the Association and Regional meets regardless of age, but must be at least 7 years old as of 12/31/2014 to be eligible to compete at the Junior Olympic National meet.

Teams: Only 2014 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 registration. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

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 on the front of their jerseys. Bib numbers are available for pick-up throughout the day.

EVENT RESULTS: Event results will be posted at the meet. Results will also be posted at www.pntf.org/youth.

AWARDS: USATF Junior Olympic medals will be awarded to the top 15 individuals in each age division and top 5 teams.

ADVANCEMENTS: Top 35 individuals and top 5 teams in each age group will advance to the USATF Region XIII Championships to be held Saturday, November 22nd at Woodland Park, Seattle, WA.

All advancements/entries for the USATF Region 13 Championships must be completed, paid for, and submitted online by 6pm November 18th. Online entries may be submitted by visiting www.coacho.com. The National Championships will be held on Saturday, December 13th at Whispering Pines Golf Course, Myrtle Beach, SC. The top 30 athletes and 5 teams at the Region XIII Championships will qualify for the National Championships:
usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx

ENTRY FEES & DEADLINES:

Deadline: Online registration must be completed by Wednesday, November 12th at 8:00pm.

Cost: \$10.00 per athlete (no team fee).

Only online registration will be accepted. To enter, go to coacho.com; on-line registration; enter a meet and select Nov 15th USATF Pacific Northwest Association Junior Olympic Cross Country Championships.

QUESTIONS: James Henderson, Meet Director, jhendersonhvtc@yahoo.com

