



2015 USATF Pacific Northwest Association Junior Olympic Cross Country Championships

Saturday, November 14, 2015

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

Registration deadline: Wednesday, November 11th, 8pm



SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, November 13 th from 3pm to dusk. This is a hilly course with mostly compact dirt trails and very brief road crossings. Spikes are strongly recommended.
Ages 8 & Under (born 2007+)	2 km	Girls - 9:30 Boys - 10:00	
Ages 9-10 (born 2005-2006)	3 km	Girls □10:30 Boys □11:00	
Ages 11-12 (born 2003-2004)	3 km	Girls □11:30 Boys □12:00	
Ages 13-14 (born 2001□2002)	4 km	Girls □12:30 Boys □1:00	
Ages 15-16 (born 1999□2000)	5 km	Girls □1:30 Boys □2:00	
Ages 17-18 (born 1997-1998)	5 km	Women □1:30 Men □2:00	

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. Email proof-of-age to pnamember@comcast.net no later than 7:30pm Wednesday, November 11th. 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 12/31/2015 to be eligible to compete at the Junior Olympic National meet.

Teams: Only 2015 registered USATF clubs may enter a team. All athletes representing the team must be affiliated with that team as part of their USATF membership. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

TEAM SCORING: A scoring team consists of 5 to 8 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 of competition.

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

AWARDS: Medals will be awarded to the top 15 individuals; 16-35 will receive Regional qualifier ribbons. Ribbons will be awarded to the top 5 teams in each age group.

ADVANCEMENTS: Top 35 individuals and top 5 teams in each age group will advance to the USATF Region 13 Championships to be held Saturday, November 21st at Big Cross Course, Pasco, WA.

Registration deadline for the USATF Region 13 Championships is 7pm November 19th. Register online at www.coacho.com. The top 30 athletes and 5 teams at the Region 13 Championships will qualify for the National Championships, Saturday, December 12th in Albuquerque, NM.

HOW TO REGISTER:

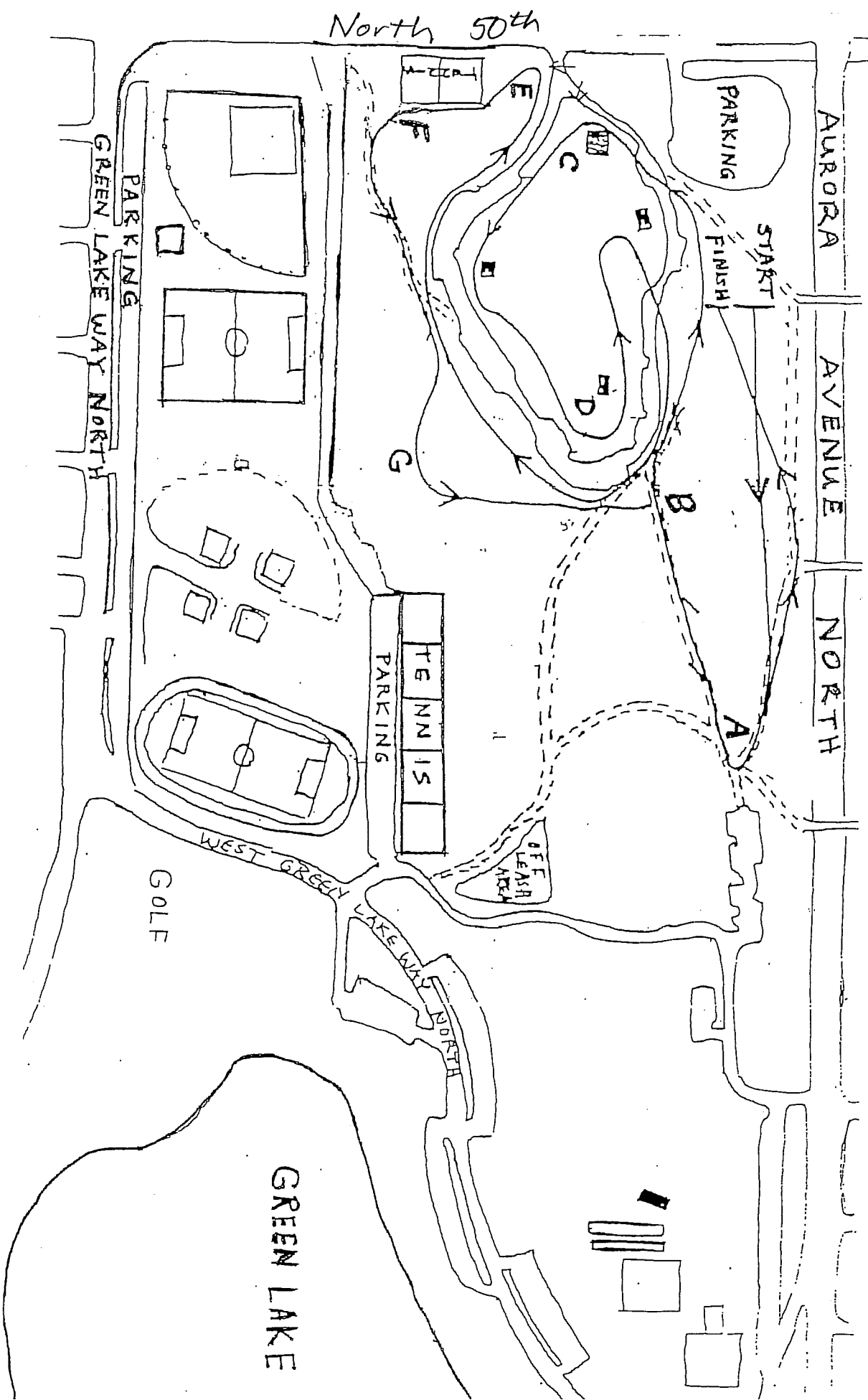
Online registration *only*.

To enter, go to https://usatfregistration.com/track/entry/wa_usaxcyouth36

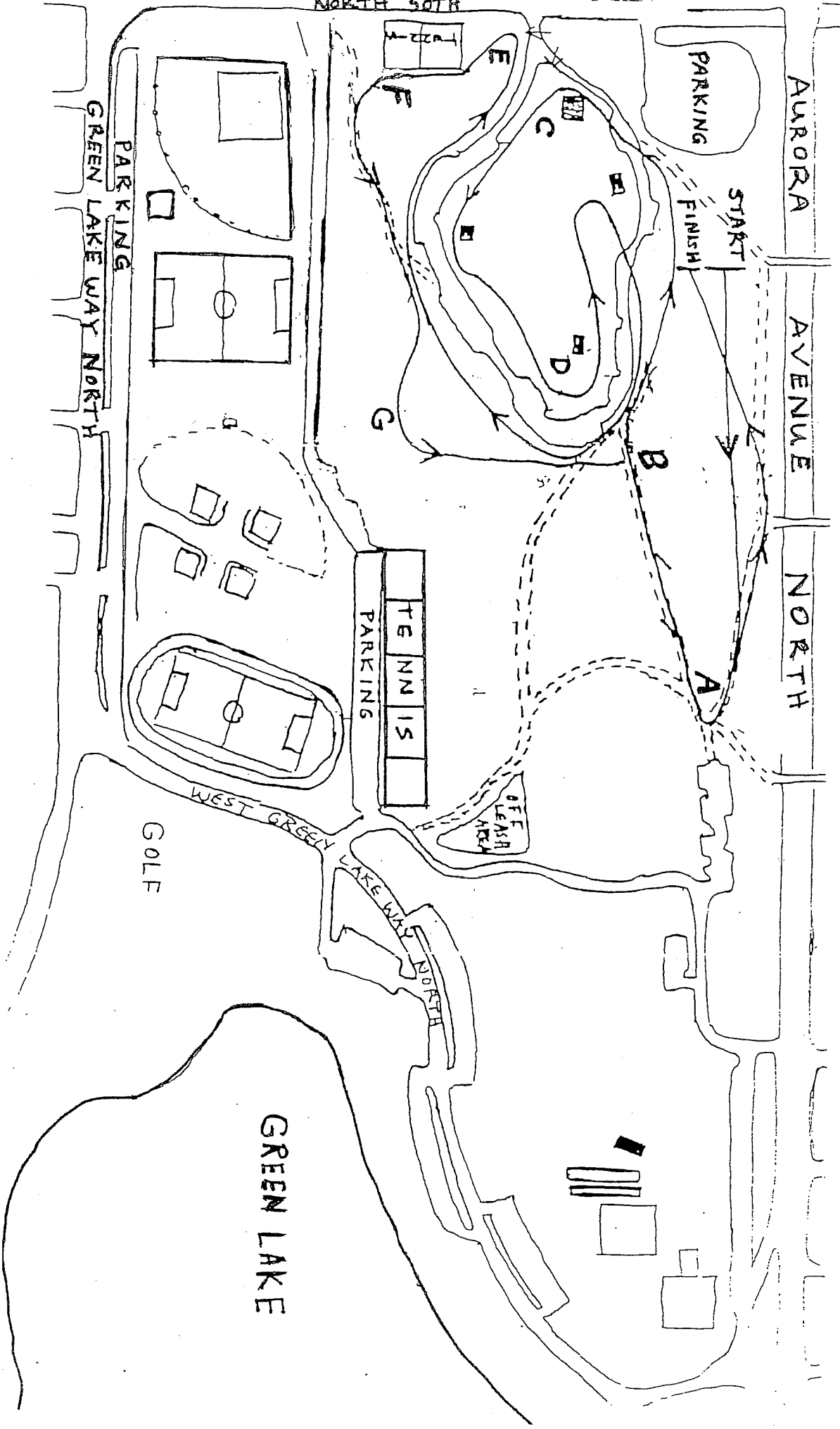
Cost: \$10 per athlete. Deadline: Wednesday, November 11th at 8:00pm

QUESTIONS:

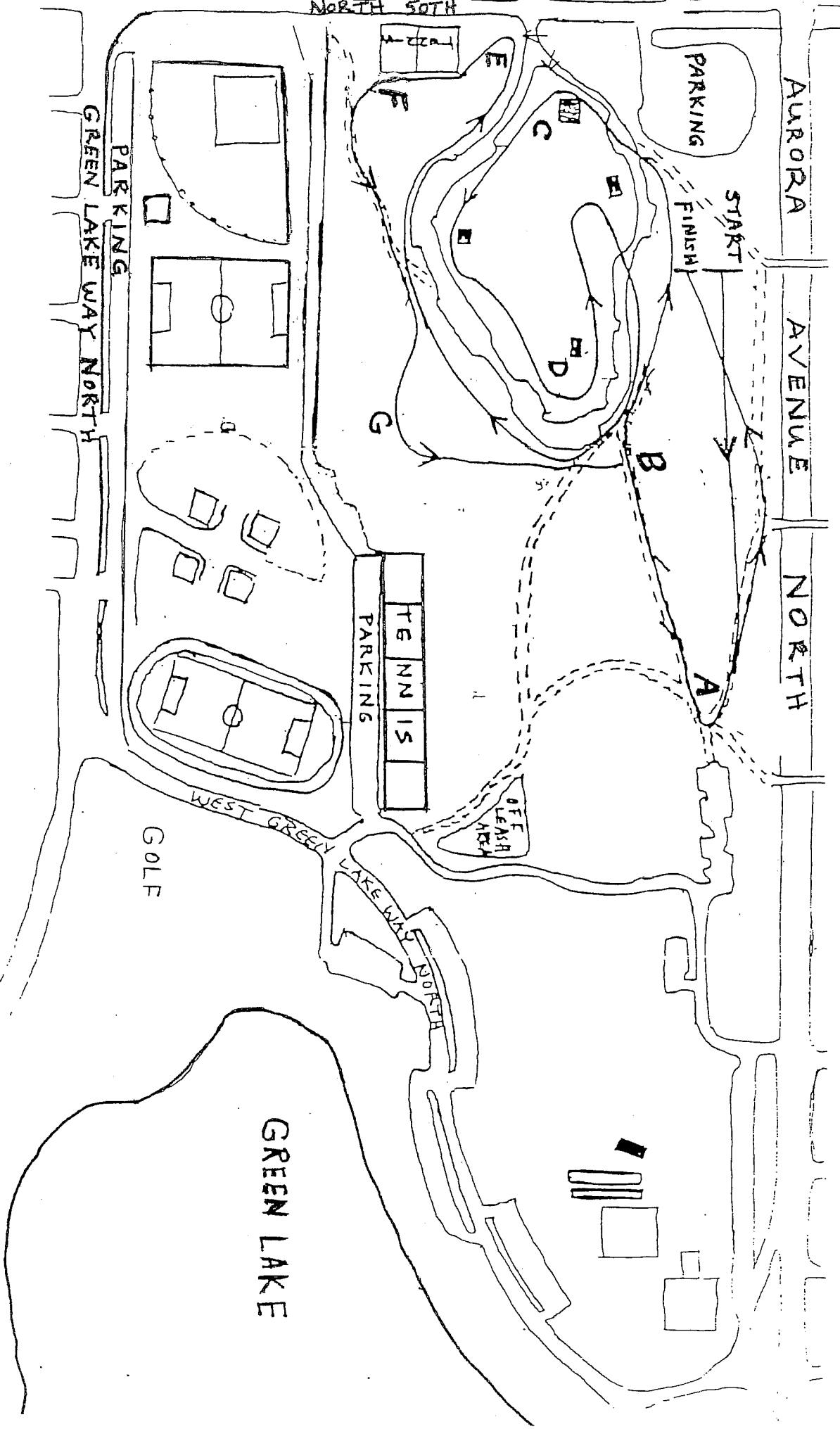
James Henderson, Meet Director, PNAmmeetdirector@gmail.com
or Holly Genest, Youth Chair, hgenest@paradigmcg.com



2000m Start - A - B - C - D - B - A - Finish

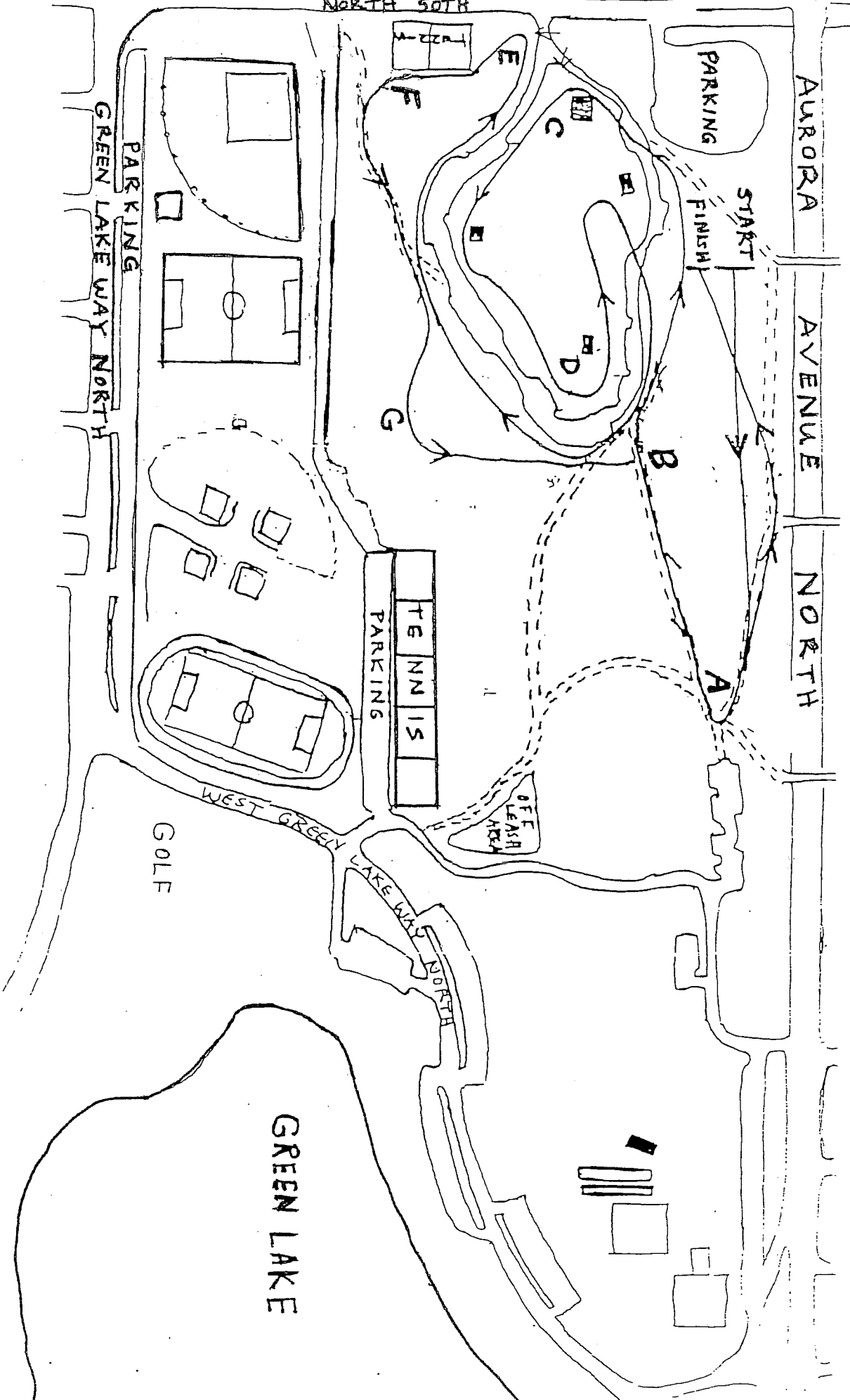


3000 M START- A - B - C - D - B - E - F - G - B - A - FINISH



4000 M START-A-B-C-D-B-E-F-G-B-D-C-B-A-FINISH

NORTH 50TH



5000 M START- A - B - E - F - G - B - C - D - B - E - F - G - B - D - C - B - A - FINISH