



2019 USATF Pacific Northwest Association  
Junior Olympic Cross Country Championship



**Saturday, November 16<sup>th</sup>, 2019**

Woodland Park, 1012 N. 50<sup>th</sup> St., Seattle, WA

**Registration deadline: Tuesday, November 12<sup>th</sup>, 8pm**

**SCHEDULE & AGE DIVISIONS:**

Age Division	Distance	Time	Course is available for preview Friday, Nov 15 <sup>th</sup> from 3pm to dusk.  This is a hilly course with mostly compact dirt trails and very brief road crossings.  <i>Spikes are strongly recommended.</i>
Ages 8 & Under (born 2011+)	2 km	Girls - 9:30 Boys - 10:00	
Ages 9-10 (born 2009-2010)	3 km	Girls ó 10:30 Boys ó 11:00	
Ages 11-12 (born 2007-2008)	3 km	Girls ó 11:30 Boys ó 12:00	
Ages 13-14 (born 2005ó2006)	4 km	Girls ó 12:30 Boys ó 1:00	
Ages 15-18 (born 2001ó2004)	5 km	Girls ó 1:30 Boys ó 2:00	

**OVERFLOW PARKING** is available east of the course near the playfields on Green Lake Way North and at the north end of the course (just beyond point ðAö on the course map) accessible from West Green Lake Way (take the road up the hill past the tennis courts and the off-leash area).

**ELIGIBILITY REQUIREMENTS:** Current USATF membership required ([www.usatf.org/membership](http://www.usatf.org/membership)) and 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](mailto:pnamember@comcast.net) no later than 6pm Tuesday, November 12<sup>th</sup>. 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 12/31/2019 to be eligible to compete at the Junior Olympic National Championship.

**Teams:** Only 2019 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.

**15-18 AGE GROUP:** Athletes competing in the 15-18 age group will be individually placed within their respective age group (15-16 or 17-18), but may run together as a declared scoring team.

**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 outside the awards tent during the meet and at [athletic.net](http://athletic.net).

**AWARDS:** Medals will be awarded to the top 15 individuals. Awards will be given to the top 3 teams.

**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 23<sup>rd</sup> at Lane Community College, Eugene, OR.

Registration deadline for the USATF Region 13 Championships is 8pm November 20<sup>th</sup>. Register online at [athletic.net](http://athletic.net). The top 30 athletes and 5 teams at the Region 13 Championships will qualify for the National Championships, Saturday, December 14<sup>th</sup>, in Madison, WI.

**HOW TO REGISTER:** Online registration *only* at [athletic.net](http://athletic.net). Cost: \$10 per athlete. Deadline: Tuesday, November 12<sup>th</sup> at 8:00pm

**QUESTIONS:** [PNAmeeetdirector@gmail.com](mailto:PNAmeeetdirector@gmail.com)