Dear Team,

With the 2022 season underway, the USATF Junior Olympic meets are just around the corner! Junior Olympics serve as a place where runners may continue their fall cross-country season along with other runners from around the region.

Junior Olympic meets go in order – First, the PNW Association meet on [November 12](http://www.whisperrunning.com/events/4try2p7jzbrylp4wbzjg66dhn68lte-fpnn9) includes all club teams in western Washington. Next, the Region meet on [November 19](http://www.whisperrunning.com/events/4try2p7jzbrylp4wbzjg66dhn68lte-fpnn9) that includes club teams from Idaho, Oregon, and Washington. Finally, the National meet on [December 10](http://www.whisperrunning.com/events/734a7sfjfct6aj8msf7dxb5z67fhr2) that includes teams from around the United States. The top 35 individuals and top 5 teams at the Association meet advance to JO Regionals. The top 30 individuals and top 5 teams at the Regional meet advance to Nationals.

Whisper has been fortunate to field teams and individuals at0 the national meet since 2017, and we hope you can join us in our pursuit of another year of great competition in a positive and inspiring atmosphere – the USATF Junior Olympics!

Because we have such a young team relative to past Whisper teams, I feel it is important to review how workout paces are created, and how race goal times should be considered. Practice interval goal times are set based on a runner’s current ability (typically using race results), one’s current fitness and speed, and my assessment. Based on how you handle the workouts, whether you are consistently hitting the interval goal times, finishing strong in workouts, etc., you may then consider what a good time goal might be for your next race. With JO’s on the horizon, I wanted to provide some context as to where your current goals might be, and what to expect in the coming weeks. If you are close to the cutoff, I want you to be fully in tune with your opportunity to advance to the next round.

The following tables include a summary of results from years 2018 and 2019. 2020 and 2021 were years in which USATF did not require qualifying marks to advance, so those stats are not included. For greater context, if you wish to dig further into the stats, see: <https://www.athletic.net/team/72159/cross-country/2022>

**2018 Association Meet, top-35 (which qualify for Regions):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| U8 (2k) | 9-10 (3k) | 11-12 (3k) | 13-14 (4k) | 15-18 (5k) |
| B 8:02-13:25 6:42/k G 8:15-14:52 7:26/k | B 11:34-14:09 4:43/k G 12:55-15;07 5:02/k | B 11:16-12:54 4:18/k G 11:44-13:43 4:34/k | B 13:26-15:27 3:52/k G 15:41-18:03 4:30/k | B 17:12-26:57 G 19:09-34:41 |

**2018 Region Meet, top-30 (which qualify for Nationals):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| U8 (2k) | 9-10 (3k) | 11-12 (3k) | 13-14 (4k) | 15-18 (5k) |
| B 7:34-9:28 4:44/k G 7:43-10:29 5:14/k | B 10:39-12:17 4:05/k G 11:39-13:02 4:20/k | B 10:10-11:14 3:44/k G 11:07- 11:47 3:55/k | B 13:06-14:03 3:30/k G 14:13-16:03 4:00/k | B 16:22-27:07 G 19:09-34:41 |

**2019 Association Meet, top-35 (which qualify for Regions):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| U8 (2k) | 9-10 (3k) | 11-12 (3k) | 13-14 (4k) | 15-18 (5k) |
| B 7:26-9:54 4:57/k G 8:36-11:50 5:55/k | B 11:19-13:50 4:36/k G 12:00-14:33 4:51/k | B 10:48-12;15 4:05/k G 11:49-13:32 4:30/k | B 13:27-15:31 3:52/k G 15:08-17:20 4:20/k | B 17:20-29:00 G 20:05-29:35 |

**2019 Region Meet, top-30 (which qualify for Nationals):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| U8 (2k) | 9-10 (3k) | 11-12 (3k) | 13-14 (4k) | 15-18 (5k) |
| B 7:49-9:22 4:41/k G 8:40-9:58 4:59/k | B 10:29-11:54 3:58/k G 11:16-12;48 4:16/k | B 10:03-10:57 3:39/k G 10:28-11:38 3:52/k | B 12:56-14:08 3:42/k G 14:52-15:54 3:58/k | B 16:04-18:09 G 19:00-26:40 |

Based on your current results this season, let’s set some goals for JO’s!

What is your current season personal best time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your average 3k race time this season? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your performance (time) goals for the Association meet (you may need to convert your 3k time to 2k, 4k, or 5k)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What would be a realistic dream time goal(s) for the Association meet? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is one thing you can work on at practice that would help you reach your meet goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you wish to attain as you work on these characteristics? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write two behaviors you can practice at practice to increase the odds of achieving your goal:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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***Please bring the completed form to Coach Dave when finished.***