



# 2017 USATF REGION 13 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS



Saturday, November 18, 2017

Lower Woodland Park  
N. 50<sup>th</sup> & Hwy 99 – Seattle, WA

Registration deadline: Wednesday, November 15, 8:00 p.m.

## SCHEDULE & AGE DIVISIONS

Age Division	Distance	Time	Course is available for preview Friday, Nov 17 <sup>th</sup> 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 2009+)	2 km	Girls - 9:30 Boys - 10:00	
Ages 9-10 (born 2007-2008)	3 km	Girls - 10:30 Boys - 11:00	
Ages 11-12 (born 2005-2006)	3 km	Girls - 11:30 Boys - 12:00	
Ages 13-14 (born 2003-2004)	4 km	Girls - 12:30 Boys - 1:00	
Ages 15-18 (born 1999-2002)	5 km	Girls - 1:30 Boys - 2:00	

## QUESTIONS

[PNameetdirector@gmail.com](mailto:PNameetdirector@gmail.com) Meet Director: Darryl Genest Region 13 Coordinator: Dion Keeton

**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 “A” 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

*Individuals:* Top 35 individuals in each age division from their respective Association Championships qualify to advance to the Region 13 Cross Country Championships.

*Teams:* Top 5 teams from their respective Association Championships qualify to advance to the Region 13 Cross Country Championships.

*8 & under athletes:* May compete in the Regional meet regardless of age, but must be at least 7 years old as of 12/31/2017 to be eligible to compete at the Junior Olympic National meet.

## REGION 13 ENTRY INFORMATION

*Form:* [CLICK HERE](#) to enter (Online registration only)

*Cost:* \$15 per athlete.

*Deadline:* Wednesday, November 15<sup>th</sup> at 8:00pm. Late registrations will not be allowed

## TEAM SCORING

8 athletes on the team entry may be declared as scoring athletes. The top 5 finishers among the declared runners will represent the score for each team.

## AWARDS

USATF Junior Olympic medals will be awarded to the top 30 individuals in each age division and top 5 teams.

## 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 on race day starting at 7:30am.

## **EVENT RESULTS**

During competition, event results will be posted outside the awards tent and on the meet website found at [www.pacificnorthwest.usatf.org](http://www.pacificnorthwest.usatf.org)

## **NATIONAL CHAMPIONSHIP ADVANCEMENTS**

Top 30 individuals and top 5 teams in each age division qualify to advance to the USATF Junior Olympic Cross Country National Championship, Saturday, December 9<sup>th</sup> at Apalachee Regional Park, Tallahassee, FL. Cost is \$20 per athlete. [meet website](#) [online entry portal](#)

## **UNIFORMS**

### **USATF Rule 255 Apparel**

1. The jersey or singlet worn by the members of a team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty.
2. Individuals not complying with paragraph 1 may be disqualified from scoring for a team.

## **T-SHIRTS & CONCESSIONS**

Available for purchase at the meet.

## **LODGING**

### **University Inn**

4140 Roosevelt Way NE  
Seattle, WA

Reservations: [online](#) or 866-866-7977 (mention "USATF Region 13 Jr. Olympic Cross Country Championship")

- \$119.00 + taxes (single/dbl; add'l guest \$20 ea.)  
- Rooms must be booked by Oct 18 to secure rate
- 2.2 miles from the course
- complementary breakfast and parking

### **Travelodge Seattle Midtown**

8512 Aurora Ave N, Seattle, WA  
1.9 miles from the course  
(206) 522-5000

\$85.60 + taxes 1-2 adults (2 dbl beds);

\$93.60 3 adults; \$101.60 4 adults

Rooms must be booked by Nov 3rd to secure rate.

### **Days Inn Seattle**

9100 Aurora Ave N, Seattle, WA  
1.8 miles from the course

(206) 524-3600

\$110 + taxes

Breakfast and parking included

### **Holiday Inn - Seattle**

211 Dexter Ave N., Seattle, WA

3.4 miles from the course

(800) 315-2621

\$133 + taxes

Parking additional; restaurant onsite

### **Holiday Inn Express – Seattle City Ctr.**

226 Aurora Ave N, Seattle, WA

3.4 miles from the course

(800) 315-2621

\$130 + taxes

Breakfast included; parking additional

### **Silver Cloud Inn**

5036 25th Ave NE, Seattle, WA

2.0 miles from the course

206- 526-5200

\$219 + taxes