



2016 USATF Pacific Northwest Association Junior Olympic Cross Country Championship



Championships

Saturday, November 12th, 2016

Woodland Park, 1012 N. 50th St., Seattle, WA

Registration deadline: Wednesday, November 9th, 8pm

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, Nov 11 th 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 2008+)	2 km	Girls - 9:30 Boys - 10:00	
Ages 9-10 (born 2006-2007)	3 km	Girls – 10:30 Boys – 11:00	
Ages 11-12 (born 2004-2005)	3 km	Girls – 11:30 Boys – 12:00	
Ages 13-14 (born 2002–2003)	4 km	Girls – 12:30 Boys – 1:00	
Ages 15-18 (born 1998–2001)	5 km	Girls – 1:30 Boys – 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 9th. 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 12/31/2016 to be eligible to compete at the Junior Olympic National meet.

Teams: Only 2016 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.

NEW 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.

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 19th at the Polo Grounds, 3000 SW Homesteader Rd., West Linn, OR.

Registration deadline for the USATF Region 13 Championships is 8pm November 16th. Register online at athletic.net. The top 30 athletes and 5 teams at the Region 13 Championships will qualify for the National Championships, Saturday, December 10th in Hoover, Alabama.

HOW TO REGISTER:

Online registration *only* - [CLICK HERE TO ENTER](#)

Cost: \$10 per athlete.

Deadline: Wednesday, November 9th at 8:00pm

QUESTIONS: PNAmeeetdirector@gmail.com