



2023 USATF Pacific Northwest Association Junior Olympic Cross Country Championship

Saturday, November 11th, 2023

Magnuson Park, Seattle, WA
(Field 1,2,3 and 4)

Registration deadline: Wednesday, November 8th, 8pm

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	
Ages 8 & Under (born 2015+)	2 km	Girls - 9:30 Boys - 10:00	<p>The course is available for preview Friday, Nov 10th 2pm to dusk.</p> <p>This course is 65% compact gravel trails and 35% grass.</p> <p style="text-align: center;">Questions: PNAmeeetdirector@gmail.com</p>
Ages 9-10 (born 2013-2014)	3 km	Girls – 10:30 Boys – 11:00	
Ages 11-12 (born 2011-2012)	3 km	Girls – 11:30 Boys – 12:00	
Ages 13-14 (born 2009–2010)	4 km	Girls – 12:30 Boys – 1:00	
Ages 15-18 (born 2007–2008)	5 km	Girls – 1:30 Boys – 2:10	

HOW TO REGISTER: Online registration at athletic.net only. Meet fee: \$10 per athlete. Athletes must have a current USATF membership and age verified before they can register for this event. Go to USATF.org/membership. Cost for membership is \$25. Submit proof-of-age from the athlete's USATF profile page under **ATHLETE VERIFICATIONS**. Please allow up to three business days for age verification.

TEAMS: Only 2023 registered USATF clubs may enter a team. *Team uniform:* each competitor on an entered team must have a singlet that is basically identical in color and style to those worn by other teammates and be visible during competition. *Team scoring:* A team consists of 5 to 8 athletes. Top 5 finishers among the declared runners will score.

15-18 AGE GROUP: Athletes competing in the 15-18 age group may – or may not – run at the JO Association meet. They will automatically be advanced to the JO Region 13 meet. *Athletes must be registered for the JO Association meet to be eligible to compete at the JO Region 13 meet.*

COMPETITION BIB NUMBERS: Must be worn during competition on the front. Bibs will be available for pickup at the large white tent on race day starting at 7:30am. Teams need to designate one person to pick up the team packet.

PARKING is available at Magnuson Park's main parking lot which is accessed from the 74th St. entrance to the park.

TEAM TENTS will set up along the east side of the sports meadow.

WARM UPS may be conducted in the northwest section of The Sports Meadow. There are other various trails as well. Please avoid the off-leash dog park.

STARTING BOXES will be assigned randomly and will vary in each race. Box assignments will be in the team packets as well as posted onsite. In the event of any changes, athletes are to follow any directions given by the clerk.

RESULTS: Will be posted at the large white tent. Corrections/protests must be made within 30 minutes of results being posted. If you question the outcome of results, please go to the main white tent with your head coach.

AWARDS: Medals will be awarded to the top 15 individuals and top 5 teams once results have been posted for 30 minutes without changes/protests. Medals are available at the big white tent.

ADVANCEMENT: Top 35 individuals and top 5 teams qualify for the USATF Region 13 Junior Olympic Cross Country Championship at Farragut State Park, Athol, ID, on November 18th, 2023.