



2018 USATF Inland Northwest Association
Junior Olympic Cross Country Championship



Saturday, November 17th, 2018

Franklin Park, 2101 Tieton Dr, Yakima, WA

Registration deadline: Wednesday, November 14th, 8pm

SCHEDULE & AGE DIVISIONS:

| Age Division | Distance | Time | |
|-----------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ages 8 & Under (born 2010+) | 2 km | Girls ó 9am Boys ó 9:30am | Course is available for preview Friday, Nov 9 th from 3pm to dusk. and Saturday Nov 10 th from 7am-8:45am. This is a hilly course with loops. <i>Spikes are strongly recommended.</i> |
| Ages 9-10 (born 2008-2009) | 3 km | Girls ó 10:00am Boys ó 10:30am | |
| Ages 11-12 (born 2006-2007) | 3 km | Girls ó 11:00am Boys ó 11:30am | |
| Ages 13-14 (born 2004&2005) | 4 km | Girls ó noon Boys ó 12:30pm | |
| Ages 15-18 (born 2000&2003) | 5 km | Girls ó 1:00pm Boys ó 1:30pm 15-18 will be scored together and run together. Individual results will be split up for 15-16 & 17-18. | |

REGISTRATION LINK:

[HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/152688](https://www.athletic.net/crosscountry/meet/152688)

PARKING for the Regional Meet will be tough but we have a great relationship with our community so we have lots of options. First option: there are close to 100 parking spots at either Franklin Middle School or the Yakima Museum. Second option: any surface streets EXCEPT Stanley Blvd. 23rd is on the west side of the park, Chestnut is on the north side of the park, and 19th is on the east side of the park. You can also park one or two blocks further back but please make sure you do not block anyone's driveway. We also have permission from Central Lutheran to use their parking lot all day Saturday. If all of that parking is taken up, more parking is available on the south side of Tieton Drive but please use the cross-walk which is by 21st Ave as this is a busy street.

ELIGIBILITY REQUIREMENTS: Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to registration and participation.

Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

Ages 8 & Under: May compete in the Association and Regional meets regardless of age, but must be at least 7 years old as of 12/31/2018 to be eligible to compete at the Junior Olympic National Championship.

Teams: Only 2018 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, chest-high on the front of their jerseys. Bib numbers will be distributed to athletes by their coaches. Unattached athletes can pick their bib up at the check-in table which is located at the Rotary Pavilion.

EVENT RESULTS: Event results will be posted outside the awards tent on the side of the rotary pavilion. After the meet they will be at athletic.net. Results will be marked ðFINALö after they have been posted for thirty minutes without protest.

AWARDS: USATF Junior Olympic Regional medals will be awarded to the top 30 individuals in each age division. Top team in each age group will receive a team award.

ADVANCEMENTS: Top 30 individuals and top 5 teams in each age group will advance to the USATF National Championships to be held Saturday, December 8th at Reno, NV.

HOTELS: There is no one specific hotel we recommend in Yakima but there are a lot of options. We strongly recommend booking early though and not waiting until the last second. WIAA has scheduled the state volleyball tournament in Yakima the same weekend so hotels are expected to fill up fast. Several options: Ledgestone, Red Lion, My Place, Hotel Maison, Best Western, Holiday Inn, etc. Franklin Park is centrally located within a five minute drive of all hotels listed.

HOW TO REGISTER: Online registration *only* at athletic.net. Cost: \$15 per athlete. Club Administrators and Unattached Athletes should register online at

<https://www.athletic.net/CrossCountry/meet/152688>

by Wednesday, November 14th at 7:00PM . **Coaches and unattached athletes are the only people who can register for the meet. Athletes who are attached to a club need to get with their coach to get registered for the meet. Late entries will not be allowed.** Online registration is open. **Fees must be paid online by the close of registration. USATF prefers VISA; electronic checks will also be accepted.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

Deadline: Wednesday, November 16th at 8:00pm

QUESTIONS: erik@yakimamedicalsupply.com or 509-941-5191 (Please no phone calls after 9pm except on the day before registration, registration day, or the night before the meet).

SOCIAL MEDIA: We have a page for the Region 13 Cross-country meet. The information (except for the time-schedule) is the exact same as the Association Meet. Feel free to check it out at <https://www.facebook.com/Region13CrosscountryChampionships/>

WEB SITE: On the Sun City website www.suncityharriers.com will be an updated drone video of the course if you would like to see this. The 2017 video is currently up and the 2018 video will be up by September 1st. For those that ran the 2017 course, the only change was we flipped the laps (The 1000-meter loop is run first and the 2000 meter loop is run second to avoid runner being lapped).