



2022 USATF Pacific Northwest Association
Junior Olympic Cross Country Championship
Saturday, November 12th, 2022
Magnuson Park, Seattle, WA

Registration deadline: Wednesday, November 9th, 8pm

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	The course is available for preview Friday, Nov 11 th 2pm to dusk. This course is 65% compact gravel trails and 35% grass. Questions: PNAmeetdirector@gmail.com
Ages 8 & Under (born 2014+)	2 km	Girls - 9:30 Boys - 10:00	
Ages 9-10 (born 2012-2013)	3 km	Girls ó 10:30 Boys ó 11:00	
Ages 11-12 (born 2010-2011)	3 km	Girls ó 11:30 Boys ó 12:00	
Ages 13-14 (born 2008ó2009)	4 km	Girls ó 12:30 Boys ó 1:00	
Ages 15-18 (born 2004ó2007)	5 km	Girls ó 1:30 Boys ó 2:10	

HOW TO REGISTER: Online registration at athletic.net only. Cost: \$10 per athlete.

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

TEAMS: Only 2022 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 will be individually placed within their respective age group (15-16 or 17-18), but may run together as a team.

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

COMPETITION BIB NUMBERS: Must be worn during competition on the front. Timing chips will be attached to the bib numbers. Be careful not to crumple the timing chip. 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.

WARM UPS Magnuson Park has various trails and fields for warm ups. 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 live.pntfo.com and at athletic.net. 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 once results have been posted for 30 minutes without changes/protests.

ADVANCEMENT: Top 35 individuals and top 5 teams qualify for the USATF Region 13 Junior Olympic Cross Country Championship at Chambers Creek Regional Park, Tacoma, WA, on November 19th.