



2016 USATF Region 13 Junior Olympic Cross Country Championships (Regionals to Nationals)



**Saturday, November 19, 2016
3000 SW Homesteader Rd (Polo Grounds)
West Linn, OR**

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 & Under (born 2008+)	2 km (1.24 miles)	Girls- 9:00AM Boys- 9:30AM
9 & 10 (born 2006 - 2007)	3 km (1.86 miles)	Girls – 10:00AM Boys – 10:30AM
11 & 12 (born 2004 - 2005)	3 km (1.86 miles)	Girls – 11:00PM Boys – 11:30PM
13 & 14 (born 2002 - 2003)	4 km (2.48 miles)	Girls– 12:00PM Boys–12:30PM
15-18 (born 1998 - 2001)	5 km (3.1 miles)	Girls – 1:00PM Boys – 1:30PM

ELIGIBILITY REQUIREMENTS:

Individuals: 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.

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 **at the Polo Grounds on Saturday, November 19, 2016.**

EVENT RESULTS: During competition, event results will be posted at (Awards Tent). In addition, event results will be posted at <http://oregon.usatf.org/Youth/Cross-Country-Schedule.aspx>.

AWARDS: USATF Junior Olympic medals will be awarded to the top **30** individuals in each age division and top **3** teams.

ADVANCEMENTS: Top **30** individuals and top **5** teams in each age group will advance to the J.O. national championship to be held on **December 10, 2016** in **Hoover, AL.**

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by November 16, 2016 by 8:00PM

ONLY ONLINE ENTRIES WILL BE ACCEPTED. Please visit <https://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=122362#/65187> to enter.

Individual Entries: **\$15.00** per athlete.

PAYMENTS: The online entry system accepts all credit cards

DIRECTIONS & PARKING: See map for directions and parking.

CONTACT: Dion Keeton, Meet Director (425) 351-2136 or region13coordinator@gmail.com

Club Administrators and Unattached Athletes should register online at

<https://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=122362#/65187> by **November 16** at **8:00PM PCT.** **Late entries will not be allowed.** Online registration opens **November 7, 2016.** **Fees must be paid online by the close of registration.** 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, <https://www.youtube.com/watch?v=7eav7kN3ksw&list=PLphfOjLBzNI2U3hONLB8DCjWlOMlwWwE>