



2021 USATF Pacific Northwest Association
Junior Olympic Cross Country Championship
Sunday, November 14th, 2021
Chambers Creek Regional Park, University Place, WA

Registration deadline: Tuesday, November 9th, 10pm

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	
Ages 8 & Under (born 2013+)	2 km	Girls - 9:30 Boys - 10:00	Course is available for preview Saturday, Nov 13 th from 2pm to dusk.
Ages 9-10 (born 2011-2012)	3 km	Girls ó 10:30 Boys ó 11:00	
Ages 11-12 (born 2009-2010)	3 km	Girls ó 11:30 Boys ó 12:00	This is a 100% grassy course with a few rolling hills.
Ages 13-14 (born 2007ó2008)	4 km	Girls ó 12:30 Boys ó 1:00	
Ages 15-18 (born 2003ó2006)	5 km	Girls ó 1:30 Boys ó 2:10	Spikes are strongly recommended.

ELIGIBILITY REQUIREMENTS: A current USATF membership is required (www.usatf.org/membership) and proof of age must be submitted, and age verified, prior to meet registration. Documents accepted as proof of age: birth certificate, passport, driver's license/permit, or US government identification. ***Please allow 6-10 business days for age verification.***

Ages 8 & Under: May compete in the Association meet and Region 13 meet regardless of age, but must be at least 7 years old as of 12/31/2021 to be eligible to compete at the Junior Olympic Cross Country National Championship.

Teams: Only 2021 registered USATF clubs may enter a team. All athletes representing the team must be affiliated with that team as part of their USATF membership.

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 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 event tent during the meet and at athletic.net.

AWARDS: Medals will be awarded to the top 15 individuals.

REGION 13 CHAMPIONSHIP to be held Saturday, November 20th at Chambers Creek Regional Park, University Place, WA.

HOW TO REGISTER: Online registration at athletic.net. Cost: \$10 per athlete. Deadline: Tuesday, November 10th at 10:00pm. No day-of registration.

QUESTIONS: PNAmeeetdirector@gmail.com