



2017 USATF REGION 13 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS



Saturday, November 18, 2017

**Lower Woodland Park
N. 50th & Hwy 99 – Seattle, WA**

Registration deadline: Wednesday, November 15, 8:00 p.m.

SCHEDULE & AGE DIVISIONS

Age Division	Distance	Time	Course is available for preview Friday, Nov 17 th from 3pm to dusk. This is a hilly course with mostly compact dirt trails and very brief road crossings. Spikes are strongly recommended.
Ages 8 & Under (bom 2009+)	2 km	Girls - 9:30 Boys - 10:00	
Ages 9-10 (bom 2007-2008)	3 km	Girls - 10:30 Boys - 11:00	
Ages 11-12 (bom 2005-2006)	3 km	Girls - 11:30 Boys - 12:00	
Ages 13-14 (bom 2003-2004)	4 km	Girls - 12:30 Boys - 1:00	
Ages 15-18 (bom 1999-2002)	5 km	Girls - 1:30 Boys - 2:00	

QUESTIONS

PNameetdirector@gmail.com Meet Director: Darryl Genest Region 13 Coordinator: Dion Keeton

OVERFLOW PARKING is available east of the course near the playfields on Green Lake Way North and at the north end of the course (just beyond point “A” on the course map) accessible from West Green Lake Way (take the road up the hill past the tennis courts and the off-leash area).

ELIGIBILITY REQUIREMENTS

Individuals: Top 35 individuals in each age division from their respective Association Championships qualify to advance to the Region 13 Cross Country Championships.

Teams: Top 5 teams from their respective Association Championships qualify to advance to the Region 13 Cross Country Championships.

8 & under athletes: May compete in the Regional meet regardless of age, but must be at least 7 years old as of 12/31/2017 to be eligible to compete at the Junior Olympic National meet.

REGION 13 ENTRY FEE & DEADLINE

Online registration for the Regional meet will open 11/20/17. Online registration is *only* at athletic.net. Cost: \$15 per athlete. Deadline: Wednesday, November 15th at 8:00pm. Late registrations will not be allowed

TEAM SCORING

8 athletes on the team entry may be declared as scoring athletes. The top 5 finishers among the declared runners will represent the score for each team.

AWARDS

USATF Junior Olympic medals will be awarded to the top 30 individuals in each age division and top 5 teams.

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 on race day starting at 7:30am.

EVENT RESULTS

During competition, event results will be posted outside the awards tent and on the meet website found at www.pacificnorthwest.usatf.org

NATIONAL CHAMPIONSHIP ADVANCEMENTS

Top 30 individuals and top 5 teams in each age group qualify to advance to the USATF Junior Olympic Cross Country National Championship, Saturday, December 9th at Apalachee Regional Park, Tallahassee, FL. Cost is \$20 per athlete.

[meet website](#) [online entry portal](#)

UNIFORMS

USATF Rule 255 Apparel

1. The jersey or singlet worn by the members of a team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty.
2. Individuals not complying with paragraph 1 may be disqualified from scoring for a team.

T-SHIRTS & CONCESSIONS

Available for purchase at the meet.

LODGING

University Inn

4140 Roosevelt Way NE
Seattle, WA

Reservations: [online](#) or 866-866-7977 (mention "USATF Region 13 Jr. Olympic Cross Country Championship")

- \$119.00 + taxes (single/dbl; add'l guest \$20 ea.)
- Rooms must be booked by Oct 18 to secure rate
- 2.2 miles from the course
- complementary breakfast and parking

Travelodge Seattle Midtown

8512 Aurora Ave N, Seattle, WA
1.9 miles from the course
(206) 522-5000

\$85.60 + taxes 1-2 adults (2 dbl beds);

\$93.60 3 adults; \$101.60 4 adults

Rooms must be booked by Nov 3rd to secure rate.

Days Inn Seattle

9100 Aurora Ave N, Seattle, WA
1.8 miles from the course

(206) 524-3600

\$110 + taxes

Breakfast and parking included

Holiday Inn - Seattle

211 Dexter Ave N., Seattle, WA

3.4 miles from the course

(800) 315-2621

\$133 + taxes

Parking additional; restaurant onsite

Holiday Inn Express – Seattle City Ctr.

226 Aurora Ave N, Seattle, WA

3.4 miles from the course

(800) 315-2621

\$130 + taxes

Breakfast included; parking additional

Silver Cloud Inn

5036 25th Ave NE, Seattle, WA

2.0 miles from the course

206- 526-5200

\$219 + taxes