



2015 USATF Inland Northwest Association Junior Olympic Cross Country Championships (Associations to Regionals)



**Saturday, November 14, 2015
Big Cross Course- Pasco, WA**

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 & Under (born 2007+)	2 km (1.24 miles)	Boys & Girls- 10:00AM
9 & 10 (born 2005-2006)	3 km (1.86 miles)	Girls- 10:30AM
11 & 12 (born 2003-2004)		Boys-11:00AM
13 & 14 (born 2001 –2002)	4 km (2.48 miles)	Boys & Girls- 11:30AM
15 & 16 (born 1999–2000)	5 km (3.1 miles)	Boys & Girls- 12:00PM
17 & 18 (born 1997-1998)		
Open & Masters	8 km (4.97 miles)	Men & Women- 12:30PM

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.

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.

TEAM SCORING: 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

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 Big Cross Course on November 14.**

EVENT RESULTS: During competition, event results will be posted near the finishline. In addition, event results will be posted on the coach O & association websites.

AWARDS: USATF Junior Olympic medals will be awarded to the top fifteen individuals in each age division and top 2 teams.

ADVANCEMENTS-From Association to Regionals: Top 35 individuals and top 5 teams in each age group will advance to the National Championships. The Regional Championship meet will be held at Big Cross Course in Pasco on Saturday, November 21, 2015

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by **November 11, 2015**

ONLY ONLINE ENTRIES WILL BE ACCEPTED. Please visit https://usatfregistration.com/track/entry/wa_usaxeyouth35 to enter

Individual Entries: **\$10.00** per athlete.

Team Entries: **No charge**

PAYMENTS: The online entry system accepts all credit cards

CONTACT: Kate Samuelson, meet director: trirxcoach@yahoo.com

Club Administrators and Unattached Athletes should register online at https://usatfregistration.com/track/entry/wa_usaxeyouth35 by **November 11, 2015 at 7:00PM. Late entries will not be allowed.** Online registration opens **October 26, 2015. 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 Coach O for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting,

<http://coachregistration.com/meet/entry/assets/videos/usatf/index.html>.

Valid 2015 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via email) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

Membership Chair: Kim Kutsch

For questions or to send verification, contact at: kkutsch2@comcast.net