

**USA Track & Field has gone to an all online entry process this year for Junior Olympics cross country.** The entry process for the first meet, the Association Meet on November 13 is actually quite easy, as long as the athlete is in the USATF database as a member of Rain City Flyers. We will take care of entering all Rain City Flyers in the meet, and collect the \$8 entry fee.

To get in the database, you must be a current member of USATF, with age verified and club designated as Rain City Flyers. This has to be completed by November 9, which is the entry deadline. No Saturday morning entries or changes in club affiliation this year.

If you are not currently a member of USATF you must join to be eligible to compete in the JO's. If the membership is purchased on or after November 1 the cost is \$20 and the membership is good for the remainder of 2010 and all of 2011. You can purchase a membership now for \$10 which is only good for the remainder of 2010. Join at our association's website, [www.pntf.org](http://www.pntf.org), or the national site, [www.usatf.org](http://www.usatf.org).

Our association is the Pacific Northwest Association (#36), Region 13. The Rain City Flyers club number is 36-0134. When you join be sure to list Rain City Flyers as the club affiliation, otherwise you will not show up in the database and we can't enter you as a team member. When you join you need to supply age verification (birth certificate) to the Association membership chair. You can do this as an email attachment, fax or by mail to Tracy Silva, PNTF Membership Chair [www.pnamember@comcast.net](mailto:www.pnamember@comcast.net) fax: 425-392-1500 and mail: 2280 NW Boulder Way Drive, Issaquah WA 98027. Please do this as soon as possible. Do not wait until November 9.

If you are renewing, be sure to designate Rain City Flyers as the club affiliation and check the box indicating that this is a renewal That may avoid the need for age verification, but see below.

Of our current runners, there are a few who both have a current membership and age verification, so that they are ready to be entered. These are: Ethan D, Ryan H, Coleman H, Chloe M, Eli S, Stuart S, Alex W, Owen W and Mina Y. There are several others that I am currently working with to get on the roster.

Several current team members have current numbers but need age verification (sending the bc to Tracy). These are: Joy B, Harrison F, Anya H, Clara O, Rowan R, Sydda R, Matthew T. Send the bc asap.

If you have a current USATF number but are not listed above, please contact me asap. If you did not designate Rain City Flyers as your team affiliation you will not show up our roster. We need to change that with Tracy Silva before Nov. 9 or we cannot enter you as part of our team. If you were on another team when you joined USATF we will need to change that with Tracy.

The rest of you need to either renew your number or join USATF.

Once you have a USATF membership, have your age verified and are listed as a Rain City Flyer with USATF you show up on a roster that we can use to enter you in the Association meet. **YOU DO NOT HAVE TO DO ANYTHING FURTHER TO ENTER THE MEET. WE WILL DO THAT AND COLLECT THE \$8 ENTRY FEE FROM YOU. THERE IS NO ENTRY FORM TO FILL OUT AND SUBMIT.**

The schedule for the Association Meet is on our website. The meet is at Woodland Park and the 3K and 4K races are the same as what we use for the Stampede. The first race is Bantam Girls at 10:30, followed by Bantam Boys at 11:00 etc.

For the JO meets a team consists of a minimum of 5 runners in an age group and a maximum of 8. If we have more than 8 in an age group 8 will be designated for scoring purposes, unless we have enough for 2 teams. The top 3 teams and 35 runners in each age group at the Association Meet qualify to advance to the Regional Meet. Based on performances to date we anticipate that most of you will advance. Entry to the Regional Meet will be online, between Nov. 14-17. We will do the entries after confirming that you will be competing. The Regional entry fee is \$15.

The Regional Meet is on Saturday, November 20 at Oregon City HS, Oregon City OR, which is just south of Portland. We do not have a timetable for the meet yet, but will put it on the website as soon as we do. We are arranging a block of rooms at a hotel in the area for Friday night and will get that information out shortly.

The top 3 teams and 20 individuals at the Regional Meet qualify for the National Meet, which is in Hoover, Alabama (Birmingham suburb) on Saturday, December 11. In recent years we have taken 15-30 team members to the National Meet. Corey and I will be going and hope to have some company! Most team members travel to the meet on Thursday, team activities on Friday, race Saturday and return home Sunday. We will have a team hotel, with more information to follow.

**PLEASE LET US KNOW IF YOU HAVE ANY QUESTIONS OR PROBLEMS!!!!!!**

JIM NEFF  
206-523-4233 (home)  
206-709-8820 (office)