



2011 USATF Region 13 Junior Olympic Regionals Cross Country Championships



Saturday, November 19, 2011
Lower Woodland Park N. 50th & Hwy 99 – Seattle, WA

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, November 18 th from 3pm to dusk. Course maps available online at www.pntf.org/youth . This is a hilly course with mostly compact dirt trails and very brief road crossings. Spikes are strongly recommended.
Sub-bantam (born 2003+)	2 km	Girls- 9:30 Boys- 9:30	
Bantam (born 2001-2002)	3 km	Girls – 10:00 Boys – 10:30	
Midget (born 1999-2000)	3 km	Girls – 11:00 Boys – 11:30	
Youth (born 1997–1998)	4 km	Girls – 12:00 Boys – 12:30	
Intermediate (born 1995–1996)	5 km	Girls – 1:00 Boys – 1:30	
Young (born 1993-1994)	5 km	Women – 1:00 Men – 1:30	

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 3 teams from their respective Association Championships qualify to advance to the Region 13 Cross Country Championships.

Sub-bantams: May compete in the Association and Regional meets regardless of age, but must be at least 7 years old as of 12/31/2011 to be eligible to compete at the Junior Olympic National meet.

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 are available for pick-up throughout the day.

EVENT RESULTS: During competition, event results will be posted. In addition, event results will be posted at www.pntf.org/youth.

AWARDS: USATF Junior Olympic medals will be awarded to the top 20 individuals in each age division and top 3 teams.

T-SHIRTS & CONCESSIONS: Are available for sale at the meet.

NATIONAL ADVANCEMENTS: Top 20 individuals and top 3 teams in each age group qualify to advance to the USATF Junior Olympic Cross Country National Championships. All entries for Nationals must be completed, paid for, and submitted online by visiting CoachO.com. The National Championships will be held on Saturday, December 10th at Whispering Pines Golf Course in Myrtle Beach, SC. www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships. Cost is \$20 per athlete (no team fee).

ENTRY FEES & DEADLINES:

Online registration for the Regional meet must be completed by November 16th at 11:59PM.

Cost: \$15 per athlete (no team fee).

Only online registrations will be accepted. To enter, go to http://www.coachoregistration.com/meet/info/wa_usaxcregion13/2011/11-19_USATF_Region_13_Junior_Olympic_Cross_Country_Championships/

DIRECTIONS: From I-5, take the 50th St. exit, go west until you pass the baseball and soccer fields. Turn into the parking lot just before you go under the overpass.

QUESTIONS: Darryl Genest, Meet Director, darryl.genest@hotmail.com; 253-839-4964
Char Engelhardt, Region 13 Regional Coordinator, cengelhardt@juno.com; 425-770-9433

HOTELS:



Days Inn Seattle
9100 Aurora Ave N
Seattle, WA
1.8 miles from the course
(206) 524-3600
\$89 + taxes
Parking included
Continental breakfast included

Holiday Inn
211 Dexter Ave N
Seattle, WA
3.4 miles from the course
1 800 HOLIDAY (mention code JOXC)
\$99 + taxes
Parking - \$10.00
Restaurant onsite

Holiday Inn Express
226 Aurora Ave N, Seattle, WA
3.4 miles from the course
1 800 Holiday (mention code JOXC)
\$109 + taxes
Parking - \$10.00
Breakfast included

Hotel Five
2200 5th Ave,
Downtown Seattle, WA
3.5 miles from the course
806 866 7977 (mention code JOXC)
\$109.00 + taxes
Parking - \$15.00
Café onsite

Silver Cloud Inn
5036 25th Ave NE,
Seattle, WA
2.0 miles from the course
206 526 5200
King \$129 + taxes; Doubles \$149 + taxes
Parking included
Breakfast included

University Inn
4140 Roosevelt Way NE
Seattle, WA
2.2 miles from the course
806 866 7977 (mention code JOXC)
\$109.00 + taxes
Parking included
Breakfast included