



## 2019 USATF Inland Northwest Association Junior Olympic Cross Country Championship



**Saturday, November 16<sup>th</sup>, 2019**

Lake City High School | 6101 N. Ramsey | Coeur D'Alene, ID 83815

**Registration deadline: Wednesday, November 13<sup>th</sup>, 7pm**

### SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Course is available for preview Friday, Nov 15 <sup>th</sup> from 3pm to dusk, and Saturday Nov 16 <sup>th</sup> from 8am-10:30am.  This is a grassy course with loops that will finish on the track.  <i>Spikes are strongly recommended.</i>
Ages 8 & Under (born 2011+)	2 km	Girls – 11:00AM Boys – 11:00AM (Run together, scored separately)	
Ages 9-10 (born 2009-2010)	3 km	Girls – 11:30 AM Boys – 12:00PM	
Ages 11-12 (born 2007-2008)	3 km	Girls – 12:30 PM Boys – 1:00PM	
Ages 13-14 (born 2005–2006)	4 km	Girls – 1:30 PM Boys – 2:00PM	
Ages 15-18 (born 2001–2004)	5 km	Girls – 2:30 Boys – 2:30	

**PARKING** for the Association Meet will be in the Lake City High School Parking lot. Parking for coaches only and drop off of team tents is available north of the soccer field.

**ELIGIBILITY REQUIREMENTS:** Current USATF membership required ([www.usatf.org/membership](http://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. Email proof-of-age to [membership@inlandnw.usatf.org](mailto:membership@inlandnw.usatf.org) no later than 4pm Wednesday, November 13<sup>th</sup>. Please include your name, USATF number and email address. ***Please allow sufficient time for age verification. Meet registration will not be unlocked for Birth Verifications that were not sent to the membership chair in time to be birth date verified, so please plan accordingly.***

**Ages 8 & Under:** May compete in the Association and Regional meets regardless of age, but must be at least 7 years old as of 12/31/2019 to be eligible to compete at the Junior Olympic National Championship.

**Teams:** Only 2019 registered USATF clubs may enter a team. All athletes representing the team must be affiliated with that team as part of their USATF membership. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

**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 from 2PM-5PM on Friday or 8AM-1PM on Saturday. Coaches or unattached athletes are the only ones allowed to pickup bibs. Athletes who are attached to a club will need to their club coach for a bib. This meet will be chipped timed, so bibs are required to receive a time. No bib means no time and therefore no result.

**EVENT RESULTS:** Event results will be posted outside the awards tent during the meet and at [athletic.net](http://athletic.net).

**AWARDS:** Medals will be awarded to the top 15 individuals. Awards will be distributed immediately following the last race.

**ADVANCEMENTS:** Top 35 individuals and top 5 teams in each age group will advance to the USATF Region 13 Championships to be held Saturday, November 23<sup>rd</sup> at Lane Community College in Eugene, Oregon.

Registration deadline for the USATF Region 13 Championships is 8pm November 20<sup>th</sup>. Register online at [athletic.net](http://athletic.net). The top 30 athletes and 5 teams at the Region 13 Championships will qualify for the National Championships, Saturday, December 14<sup>th</sup> in Madison, WI.

**HOW TO REGISTER:** Online registration *only* at athletic.net. Cost: \$10 per athlete. Deadline: Wednesday, November 13<sup>th</sup> at 7:00pm **No Exceptions!!!** Coaches and unattached athletes are the only people who can register athletes. Athletes who are attached to a club will need to get with their club coach to get registered for the meet. Late Registrations will not be accepted, so please plan accordingly so that you are able to finish the registration BEFORE THE REGISTRATION SYSTEM CLOSES!!!! It will be the coaches and unattached athletes' responsibility to verify the accuracy of their information in the system. Registration must be complete by the registration close date of Wednesday, November 13 at 7:00PM. The Link to register for the meet is:

<https://www.athletic.net/edit/crosscountry/register/2060422/>

**QUESTIONS:** Please contact Erin Hart, Meet director at: [N.Idahoxc@outlook.com](mailto:N.Idahoxc@outlook.com) or (509) 850-7181

**FOOD:** Food and beverages will be available for purchase all day long on meet day.

**PETS:** Pets are not permitted on school grounds or at the meet. Please keep all pets at home or in the vehicle.

**DAY OF MEET REGISTRATION:** Day of meet registration will not be permitted at this meet.