



2022 USATF REGION 13  
Junior Olympic Cross Country Championship

**Saturday, November 19<sup>th</sup>, 2022**

Chambers Creek Regional Park, University Place, WA

**Registration deadline: Thursday, November 17<sup>th</sup>, 5pm**

Registration on athletic.net only.

**SCHEDULE & AGE DIVISIONS:**

Age Division	Distance	Time	<b>Coaches meeting Saturday, 9am, at the starting line tent.</b>  The course is available for preview Friday, Nov 18 <sup>th</sup> 1:30pm to dusk.  This is a grassy course with some rolling hills. <i>Spikes are strongly recommended.</i>  Questions: PNAmeeetdirector@gmail.com
Ages 8 & Under (born 2014+)	2 km	Girls - 9:30 Boys - 10:00	
Ages 9-10 (born 2012-2013)	3 km	Girls ó 10:30 Boys ó 11:00	
Ages 11-12 (born 2010-2011)	3 km	Girls ó 11:30 Boys ó 12:00	
Ages 13-14 (born 2008ó2009)	4 km	Girls ó 12:30 Boys ó 1:00	
Ages 15-18 (born 2004ó2007)	5 km	Girls ó 1:30 Boys ó 2:10	

**PARKING** on race day is available at the Event Lawn gravel parking lot. Follow the signs when you arrive as you'll need to access this area via Chambers Creek Rd past the Wastewater treatment plant. No RV, bus or overnight parking. For Friday's course preview, you may park in the West Overflow Lot which is accessed from Chambers Bay main entry road.

**TEAMS:** Only 2022 registered USATF clubs may enter a team. All athletes representing the team must be affiliated with that team as part of their USATF membership. *Team uniform:* each competitor on an entered team must have a jersey or singlet that is basically identical in color and style to those worn by teammates and be visible during competition. *Team scoring:* A team consists of 5 to 8 athletes. 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), and may run together as a team.

**TEAM TENTS** will set up between Perimeter Road and the fence line west of the Event Lawn, overlooking the Puget Sound. This park can get windy so tents should be secured with weights instead of stakes as the ground is hard-packed.

**COMPETITION BIB NUMBERS:** Must be worn during competition on the front. Timing chips will be attached to the bib numbers. Be careful not to crumple the timing chip. Bibs will be available for pickup at the large white tent during Friday's course preview and race day starting at 8am. Teams need to designate one person to pick up the team packet.

**WARM UPS** will be conducted in the Central Meadow, north of the Sport & Event Lawn. A gate leading to the Central Meadow (see gate/connecting lawn on map on parking map).

**STARTING BOXES** will be assigned randomly and will vary in each race. Box assignments will be in the team packets as well as posted onsite. In the event of any changes, athletes are to follow any directions given by the clerk.

**RESULTS:** Will be posted outside the timing trailer and online at live.pntfo.com. Corrections/protests must be made within 30 minutes of results being posted. If you question the outcome of results, come to the main white tent with your head coach.

**AWARDS** will be awarded to the top 30 individuals and top 3 teams once results have been posted for 30 minutes without changes/protests. Top 30 individuals and top 5 teams qualify for the USATF National Junior Olympic Cross Country Championship in College Station, TX, on December 10, 2022.

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## COURSE MAP (updated 11/6/2022)

