



2023 USATF REGION 13
 Junior Olympic Cross Country Championship
Saturday, November 18th, 2023
 Farragut State Park, 13550 E Highway 54, Athol, ID
Registration deadline: Wednesday, November 14th, 8pm
 REGISTRATION ON ATHLETIC.NET ONLY



SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time	Coaches meeting Saturday, 9am, at the starting line trailer The course is available for preview Friday, Nov 17th 3:30pm to dusk. This is a weed course with some dirt. Cross county shoes are strongly recommended. Questions: youth@inlandnw.usatf.org
Ages 8 & Under (born 2015+)	2 km	Girls – 9:30am Boys – 10:00am	
Ages 9-10 (born 2013-2014)	3 km	Girls – 10:30am Boys – 11:00am	
Ages 11-12 (born 2011-2012)	3 km	Girls – 11:30am Boys – 12:00pm	
Ages 13-14 (born 2009–2010)	4 km	Girls – 12:45pm Boys – 1:15pm	
Ages 15-18 (born 2005–2008)	5 km	Girls – 1:45pm Boys – 2:15pm	

PARKING will be available right at the venue. Farragut State park is a state ran park that does charge for parking. The Inland Northwest association does not collect that money- it all goes back to the state of Idaho. **The parking fee is \$7.00 for all Idaho Residents and \$14.00 for all non-residents.** We will have parking attendants onsite to help with parking

TEAMS: Only 2023 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
Ages 8 & Under: May compete in the Association and Regional meets regardless of age, but must be at least 7 years old as of 12/31/2023 to be eligible to compete at the Junior Olympic National Championship.

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.

TEAM TENTS: Can be setup directly off the parking lot, not in the grass area, but just to the left of that area. Please have tents setup before races start.

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.

RESULTS: Will be available on athletictiming.com. Corrections/protests must be made within 30 minutes of results being posted. If you question the outcome of results, come to the timing trailer 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

ADVANCEMENTS: Top 30 individuals and top 5 teams in each age group will advance to the USATF National Championships to be held Saturday, December 9th at Tom Sawyer State Park in Louisville, KY.

STARTING BOXES: These 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