



**2025 USATF Oregon Association Junior
Olympics Cross Country Championships
Sunday, November 9, 2025
Western Oregon University
Ash Creek Preserve/Monmouth, OR**

<u>Age Division</u>	<u>Distance</u>	<u>Time</u>
8 & Under (born 2017+)	2k	Girls & Boys – 8:30am
9-10 (born 2015-2016)	3k	Girls & Boys – 9:00am
8 & Under Awards		9:30am
11-12 (born 2013-2014)	3k	Girls & Boys – 10:00am
9-10 Awards		10:30am
13-14 (born 2011-2012)	4k	Girls & Boys – 11:00am
11-12; 13-14 Awards		12:00pm
15-18 (born 2007-2010)	5k	Girls & Boys – Will be advanced to the Region 13 meet but must have registered for the Association XC meet and a parent must email a request for a waiver to the Youth Chair at youth@oregon.usatf.org .

REGISTRATION PROCESS:

Registration opens October 20, 9:00am

Only online entries will be accepted.

No late entries will be accepted. No day of registration.

Athletes must have a current USATF membership and age verified before they can register for this event. Go to [USATF Membership](#). Cost of membership is \$35.

Must be completed by November 4, 2025 @ 7:00pm PCT

Go to athletic.net to enter the Junior Olympic meet.

Junior Olympic Individual Entries: \$10 per event.

Team Entries: no charge

15-18 AGE DIVISIONS:

Athletes competing in the 15-18 age division will not compete at the Association championship (Nov. 9) meet. They can advance to the Region 13 meet. To advance to the Region 13 meet athletes must register for the Association meet and the athlete's parent must request a waiver by emailing the request to youth@oregon.usatf.org

AGE VERIFIED MEMBERSHIP REQUIRED

An [age-verified USATF membership](#) is required for each participant.

- Membership and age-verification processing is done via [USATF Connect](#)
- USATF Championships require that event registrants shall be date-of-birth verified. Members are required to upload/submit their birth date verification documents while completing their membership profile on the USATF Connect system.
- Documents submitted for birth date verification will be processed within five (5) business days of submission (excluding holidays). It is the responsibility of the registrant to ensure submission in a timely manner to meet entry deadlines.

TEAMS:

Teams must represent current USATF member clubs; and athletes representing clubs must be registered members of said clubs prior to participation in their Association Championships.

(c) All members of the same club listed on the team declaration roster in Athletic.net at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of Qualifications up to and including the National Championships as long as the team qualifies. The top 5 finishers among the declared runners will score.

COMPETITION UNIFORMS:

Rule 251.3 - Cross Country Uniform

The jersey or singlet worn by the members of a team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty.

Individuals not complying may be disqualified from scoring for a team.

COMPETITION BIB NUMBERS:

Bib numbers must be worn during the competition on the front. Bibs will be available for pickup at the check-in tent on race day starting at 7:30am. Each team needs to designate one person to pick up the team packet. Individual bibs will not be distributed to team athletes.

TEAM TENTS:

Team tents may be set up in the designated areas next to the baseball field.

WARMUPS:

Warmups may take place on the course until 15 minutes before the first race.

COURSE MAPS

[2k course map](#); [3k course map](#); [4k course map](#)

STARTING BOXES:

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

RESULTS:

Results will be posted at the check-in tent. Corrections/protests must be made within 30 minutes of results being posted. If you question the results, please go to the check-in tent with your head coach.

AWARDS:

Ribbons will be awarded to the top 15 individuals in each group of the Junior Olympic Championships.

ADVANCEMENT TO REGION 13 MEET:

The top 35 individuals and top 5 teams qualify for the USATF Region 13 Junior Olympic Cross Country Championship at Western Oregon University, Ash Creek Park, Monmouth, OR on November 22, 2025.

ADVANCEMENT TO NATIONAL JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIP:

The top 30 individuals and top 5 teams advance from the Region 13 meet to the National Junior Olympic Cross Country Championship in Shelbyville, IN on December 13, 2025.

At the conclusion of the USATF Oregon Junior Olympic Cross Country Championship there will be a USATF Oregon Association 5k Open and Masters Cross Country Championship.

HOTEL:

The Grand Hotel, Salem, OR is the Partner Hotel for the Oregon Association Cross Country Championship
Contact The Grand Hotel by October 7 at (503)540-7800 and reference, "USATF Junior Olympic Cross Country Championships" to receive our group rate. [Click Here to Reserve Your Room](#)

CONTACT:

Name: USATF Oregon Youth Chair, Rick Stucky

E-mail: Youth@Oregon.USATF.org

**The Partner Hotel for the USATF Oregon
Junior Olympic Cross Country Champions**

**Silver Level Sponsor:
Silverton Runners Club**

