A logo with red wings and a star

AI-generated content may be incorrect.A logo with a star and wings

AI-generated content may be incorrect. 2025 USATF Oregon Association

Cross Country 5K Open Summit Championships

Cross Country 5K Masters Summit Championships

**Sunday, November 9, 2025**

**Western Oregon University**

**Monmouth, OR/Ash Creek Preserve**

|  |  |  |
| --- | --- | --- |
| **Age Division** | **Distance** | **Time** |
| Junior Olympic competition |  | 8:30 a.m. to noon |
|  |  |  |
| Open (16-24) | 5k | Women & Men - 12:30 p.m. |
| Masters (25+) | 5k | Women & Men – 1:00 p.m. |
| Open & Masters Awards |  | 2:00 p.m. |

**REGISTRATION PROCESS:**

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**](https://www.usatf.org/home/top-utility-nav-content/membership). Cost of membership is $65 plus processing fees

Must be completed by November 4, 2025 @ 7:00 p.m. PCT

[**Go here**](https://www.athletic.net/CrossCountry/meet/262549/info)to enter the Open or Masters meet.

Open and Masters runners: Individual Entries: $25

Team Entries: no charge

**OPEN AGE DIVISIONS:**

One division: 19-24

**MASTERS AGE DIVISIONS:**

25-29, 30-34, 35-39, 40-44, 45-49

50-54, 55-59, 60-64, 65-69, 70-74,

75-79, 80-84, 85-89, 90-94, 95-99, 100+

**AGE VERIFIED MEMBERSHIP REQUIRED:**

All athletes competing in USATF Oregon championships must have their age verified by the national USATF office.

[**Go here**](https://www.usatf.org/home-normal/top-utility-nav-content/membership/date-of-birth-verification-policy) for information and to start the age verification process. It can take up to five business days for your age verification to be processed.

**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 7:30 a.m. 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 MAP**

[**5k course map**](file:///C:\Users\phils\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\0P8M370F\maps\Ash%20Creek%205K.png)

**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. Results will also be posted on [**AthleticLIVE.com**](AthleticLIVE.com) after each competition.

**AWARDS:**

Ribbons will be awarded to the top 3 finishers in each age division in the Masters Championship.

The top three Masters teams in each age division will receive ribbons.

Ribbons will be awarded to the top 3 finishers in the Open Championship.

**HOTEL:**

**The Grand Hotel, Salem, OR is the Partner Hotel for the Oregon Association Cross Country Championships**

Contact The Grand Hotel by October 7 at **(503)540-7800 and reference, “USATF Junior Olympic, Open/Masters Cross Country Championships” to receive our group rate.** **[Click Here to Reserve Your Room](https://res.windsurfercrs.com/ibe/details.aspx?propertyid=15354&nights=1&checkin=11/7/2025&group=USATFXC%2011.25&lang=en-us" \t "_blank)**

**FOR MORE INFORMATION, CONTACT:**

**Name: USATF Oregon Open Chair, Ivan Faulhaber**

**Email:** [**Open@Oregon.USATF.org**](mailto:Open@Oregon.USATF.org)

**The Partner Hotel for the USATF Oregon**

**Open/Masters Cross Country Champions**

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