



# 2023 USATF Oregon Association Junior Olympic Cross Country Championships (Association to Regionals)



**Saturday, November 11, 2023**  
**Western Oregon University - Monmouth, OR**

## SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
8 & Under (born 2015+)	2 km (1.24 miles)	Girls- 9:00A Boys- 9:30A
9 & 10 (born 2013-2014)	3 km (1.86 miles)	Girls – 10:00A Boys – 10:30A
11 & 12 (born 2011-2012)	3 km (1.86 miles)	Girls – 11:00A Boys – 11:30A
13 & 14 (born 2009 –2010)	4 km (2.48 miles)	Girls – 12:00P Boys –12:30P

## ELIGIBILITY REQUIREMENTS:

*Individuals:* Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to registration and participation.

*Teams:* Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional, or National Championships.

**TEAM SCORING:** Eight athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

**COMPETITION BIB NUMBERS:** All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Bib numbers will be distributed to athletes at **packet pick up 8:00 a.m.**

**EVENT RESULTS:** During the competition, event results will be posted at the **Awards Tent**. In addition, event results will be posted on [Athletic.net](http://Athletic.net).

**AWARDS:** USATF Junior Olympic Ribbons will be awarded to the top three individuals in each age division. The first place team will receive a trophy.

**ADVANCEMENTS - From Association to Regionals:** Top 35 individuals and top 5 teams in each age group will advance to the Region 13 Championships.

Age groups 15-16 and 17-18 (Individuals/Teams) will be advanced to the Region 13 meet after registering for the Association Meet.

The Region 13 Championships will be held on Saturday, November 18th at Farragut State Park, 13550 E Highway 54, Athol, ID 83801

## ENTRY FEES & DEADLINES:

**On-Time Registration:** Must be completed by **11/8/2022 @ 7:00 p.m. PCT**

Individual Entries: **\$10.00** per athlete.

Team Entries: **No charge**

**ONLY ONLINE ENTRIES WILL BE ACCEPTED.** Please visit [Athletic.net](http://Athletic.net) to enter. **No day of registration.**

**PAYMENTS:** The online entry system accepts all credit cards, however **USATF prefers VISA. No onsite payments will be accepted.**

**DIRECTIONS & PARKING:** **Include map if possible**

**CONTACT:** **Lynn Brown;** [membership@oregon.usatf.org](mailto:membership@oregon.usatf.org) 503-891-0759

Club Administrators and Unattached Athletes should register online at [Athletic.net](http://Athletic.net) by **11/8/2023** at **7pm PCT**. **Late entries will not be allowed. Online registration opens 10/18/2023. Fees must be paid online by the close of registration. USATF prefers VISA. Accuracy of data entered is the responsibility of each club and/or athlete.** Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting: <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.asp>

**Valid 2023 USATF Membership and Proof of Birth is required for participation.** Before registration, please ensure that age verification documents are uploaded into the membership profile no later than **11/1/23 at 2:00 p.m. PST** (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification). See USATF Rule 300.1 (i) for further explanation.

**Membership Chair:** **Lynn Brown** [membership@oregon.usatf.org](mailto:membership@oregon.usatf.org) For questions, contact call or text: (503) 891-0759