



2013 USATF Illinois Association Junior Olympic Cross Country Championships



Sunday, November 10, 2013
Proviso West High School
(South Lawn)
Hillside, Illinois

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Start Time
Sub-Bantam (born 2005 and later)	2 km (1.24 miles)	Girls – 10:00 a.m. Boys – 10:00 a.m.
Bantam (born 2003-2004)	3 km (1.86 miles)	Girls – 10:20 a.m. Boys – 10:40 a.m.
Midget (born 2001-2002)	3 km (1.86 miles)	Girls – 11:00 a.m. Boys – 11:20 a.m.
Youth (born 1999-2000)	4 km (2.48 miles)	Girls – 11:40 a.m. Boys – 12:15 p.m.

ELIGIBILITY REQUIREMENTS:

Individuals: A 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.

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. Only athletes listed on the team roster are eligible to represent the club at the Association, Regional or National championships.

High School Athletes: High school athletes are not required to compete in the USATF Illinois Association Junior Olympic Cross Country Championship. However, you must register for the regional meet during the registration period for the Association Championship (deadline Tuesday, November 5th). You also have to declare and pay for the USATF Region 7 Championship during the Region 7 registration period. Both events are on the Coach O site.

TEAM SCORING: Eight (8) athletes on the team may be declared as scoring athletes. The top five (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 during packet pick-up. Schedule:

8:00 a.m. Packet pick-up.
9:00 a.m. Course walk.

Note: Day of meet entries will not be allowed.

EVENT RESULTS: During competition, event results will be posted at the event site. Final event results will be posted at www.usatfillinois.org.

AWARDS: USATF Junior Olympic medals will be awarded to the top ten individuals in each age division.

ADVANCEMENTS: Top 40 individuals and top 4 teams in each age group will advance to the USATF Region 7 Championships to be held on **November 30th in Carmel, IN**. All eligible athletes must be declared and paid for at the following online registration site: www.coacho.com. Additional information can be found at the following location: <http://www.indiana.usatf.org/Events/2013/JuniorOlympicXC-Regional/2013-USATF-Region-7-Junior-Olympic-Cross-Country-C.aspx>.

The National Championships will be held on Saturday, December 14th in San Antonio, TX. The top 20 athletes and 3 teams in each age division will qualify for the National Championships. Additional information is available at:

<http://usatf.org/Events---Calendar/2013/2013-USATF-Natl-Jr-Olympic-Cross-Country-Chmps.aspx>

ONLINE REGISTRATION:

All entries (teams/clubs/unattached) must be processed via online registration at www.coacho.com. Online registration begins on Monday, October 1, 2013. The registration deadline is Tuesday, November 5, 2013 at 11:59 p.m. Fees are paid online via a credit/debit card or electronic check. All registration correspondence should be mailed to:

Brenda Kimbrough
10735 Beach Road
Beach Park, IL 60087

All correspondence must be received by Thursday, November 7th at 5:00 p.m.

ENTRY FEES & DEADLINES:

Individual Entries: \$10.00 per athlete.
Team Entries: Team entries are charged at the individual rate.

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 Brenda Kimbrough (bbkimbrough@gmail.com)