



USA Track & Field Junior Olympics
**Iowa Association Cross Country State
Championships**

Sunday, November 11, 2012
West Des Moines, Iowa

LOCATION: Valley Southwoods Freshman High School, 625 S. 35th Street, West Des Moines, Iowa

COURSE: Moderately hilly & open course. Start & finish along east entrance driveway

ENTRY FEE: \$10.00 per participant

ON-LINE PRE REGISTRATION:

http://usatfregistration.com/meet/info/ia_usaxcyouth40/2012/11-11_USATF_Iowa_Association_Junior_Olympic_Cross_Country_Championships/

On-line registration site opens 10/5/2011, closes 11/7/2011

MEET DAY REGISTRATION: begins at 11:00 a.m. for those **not** pre-registered

GUIDED COURSE WALK-THROUGH: at 12:00p.m.

COMPETITION SCHEDULE:

1:00p.m. SubBantam Girls & Boys combined (born 2004 & after) - 2000 Meters

1:30p.m. Bantam Girls & Boys combined (born 2002 & 2003) - 3000 Meters

2:00p.m. Midget Girls & Boys combined (born 2000 & 2001) - 3000 Meters

2:30p.m. Youth Girls & Boys combined (born 1998 & 1999) - 4000 Meters

3:00p.m. Intermediate Girls & Boys (born 1996 & 1997) / Young Women & Young Men (born 1994 & 1995), all combined - 5000 Meters

AGE DIVISION RULES: Age determined as of December 31, 2012

AWARDS: Medals for the top ten individuals in each age/gender division. Ribbons for each member of the top six teams in each age/gender division.

TEAMS: A team may have 5 to 8 competitors in the same age/gender division. The top 5 runners count in scoring for the team awards.

Online Registration for this meet will be done through CoachO at

http://usatfregistration.com/meet/info/ia_usaxcyouth40/2012/11-11_USATF_Iowa_Association_Junior_Olympic_Cross_Country_Championships/. **You must have a current (2012) USATF membership prior to registering for the meet. If you do not have a membership, memberships can be obtained on-line at www.usatf-iowa.org. If there are questions/issues with registration, please contact Jim Walczyk at jim.walczyk@gmail.com or 515-771-4246. Registration can be done on site the day of the meet.**

This meet will serve as the qualifying meet for those seeking to ultimately advance to the USATF Junior Olympics National Cross Country Meet at Balloon Fiesta Park, Albuquerque, NM on December 8, 2012. For more information on the National Competition go to: <http://www.usatf.org/Events---Calendar/2012/2012-USATF-Natl-Jr-Olympic-Cross-Country-Chmps.aspx>