



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

Sunday, November 6, 2016
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: Online registration is with **Athletic.net**

Instructions: <http://www.athletic.net/Help/CrossCountry.aspx?Meet=125724>

On-line registration site opens 10/03/2016, closes 11/05/2016 at 11:30 am

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

COMPETITION SCHEDULE:

1:00p.m. 8 and Under Girls & Boys combined (born 2008 & after) - 2000 Meters

1:30p.m. 9-10 Year Old Girls & Boys combined (born 2006 & 2007) - 3000 Meters

2:00p.m. 11-12 year Old Girls & Boys combined (born 2004 & 2005) - 3000 Meters

2:30p.m. 13-14 Year Old Girls & Boys combined (born 2002 & 2003) - 4000 Meters

3:00p.m. 15-16 Year Old Girls & Boys (born 2000 & 2001) / 17-18 Year Old Women & Men (born 1998 & 1999), all combined - 5000 Meters

AGE DIVISION RULES: Age determined as of December 31, 2016

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 15-16 and 17-18 year old age groups are combined for team scoring purposes.
The top 5 runners count in scoring for the team awards.

Online Registration for this meet will be done through Athletic.net (see above) You must have a current (2016) 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 Hoover, AL on December 10, 2016. For more information on the National Competition go to: <http://www.usatf.org/Events---Calendar/2016/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

Top 15 in each age group are eligible to advance to the national meet in Albuquerque.