



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

Sunday, October 29, 2023  
West Des Moines, Iowa



**LOCATION: Valley Southwoods Freshman High School, 625 S. 35<sup>th</sup> Street, West Des Moines, Iowa**

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

**ENTRY FEE:** \$12.00 per participant

**ON-LINE PRE REGISTRATION:** Online registration is with **Athletic.net**

Instructions: [On-line Registration](#)

On-line registration site opens 10/1/2023, closes 10/27/2023 at 11:59 pm

**SELF-GUIDED WALK-THROUGH:** after 12:00 p.m.

**COMPETITION SCHEDULE:**

**1:00p.m. 8 and Under Girls & Boys combined (born 2015 & after) - 2000 Meters**

**1:30p.m. 9-10 Year Old Girls & Boys combined (born 2013 & 2014) - 3000 Meters**

**2:00p.m. 11-12 year Old Girls & Boys combined (born 2011 & 2012) - 3000 Meters**

**2:30p.m. 13-14 Year Old Girls & Boys combined (born 2009 & 2010) - 4000 Meters**

**3:00p.m. 15-16 Year Old Girls & Boys (born 2007 & 2008) / 17-18 Year Old Women & Men (born 2005 & 2006), all combined - 5000 Meters**

**AGE DIVISION RULES:** Age determined as of December 31, 2023

**AWARDS:** Medals for the top three and ribbons for 4-15 individuals 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 (2023) USATF membership prior to registering for the meet. (Memberships need DOB verification) If you do not have a membership, memberships can be obtained on-line at [www.usatf-iowa.org](http://www.usatf-iowa.org). If there are questions/issues with registration, please contact Jim Walczyk at [jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com) or 515-771-4246.**

**This meet will serve as the qualifying meet for those seeking to ultimately advance to the USATF Junior Olympics National Cross Country Meet in Louisville, KY on December 9, 2023. For more information on the National Competition go to: [National Championship Web Site](#)**

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