USATF Colorado Cross Country State Championship
November 9th 2019
Bohn Park
199 2nd Ave
Lyons, CO 80540

SCHEDULE
8:30 am Bib Pickup
9:00 am Course Walk
10:00 am Boys & Girls* 8&U (born 2011+) 2 km (1.24 miles)
10:30 am Girls 9-10 (born 2009-2010) 3 km (1.86 miles)
11:00 am Boys 9-10 (born 2009-2010) 3 km (1.86 miles)
11:30 am Girls 11-12 (born 2007-2008) 3 km (1.86 miles)
12:00 pm Boys 11-12 (born 2007-2008) 3 km (1.86 miles)
12:30 pm Girls 13-14 (born 2005-2006) 4 km (2.48 miles)
1:00 pm Boys 13-14 (born 2005-2006) 4 km (2.48 miles)
1:30 pm Woman 15-16 (born 2003-2004) 5 km (3.10 miles)
1:30 pm Woman (HS)* 17-18 (born 2001-2002) 5 km (3.10 miles)
1:30 pm Men 15-16 (born 2003-2004) 5 km (3.10 miles)
1:30 pm Men (HS)* 17-18 (born 2001-2002) 5 km (3.10 miles)

*Due to short start straightaway 8U and HS at this time are the only combined races.

Additional races may be split or combined by gender if the number of competitors in a group is too large or small. We want to make sure there is enough room on the course for a safe start. If a race is split, the start times will be adjusted.

COURSE DESCRIPTION
The course is rolling hills with a mix of vegetation & dirt trails. There are a few cement crossings. We’ll have Marshalls, flagging and signs to assist navigation.

ELIGIBILITY REQUIREMENTS
This meet is open to all youth runners ages 18 & under with a current USATF Colorado membership. 8 & under is eligible for State & Regional Championships. Must be 7 or older to advance to National Championship.

REGISTRATION
Registration must be completed by November 8th, 2019 by 8:00 pm, MDT.
https://www.athlete.net/CrossCountry/meet/166975/register or http://colorado.usatf.org/Youth/Youth-Upcoming-Events.aspx

ENTRY FEES & PAYMENTS
Individual Entries: $10.00 per athlete. Racing bibs will not be issued without payment.
Parking on-site $5.00

COMPETITION BIB NUMBERS
All competitors must wear their assigned bib numbers during competition, clearly visible on the front of their jerseys. No racers allowed on the starting line without a bib.

EVENT RESULT
Results will posted on the USATF Colorado website. http://colorado.usatf.org/Youth/Youth-Upcoming-Events.aspx

AWARDS
Medals are awarded by age & gender for places 1- 15.

ADVANCEMENT
Top 30 individuals and top 5 teams qualify from Regional to National Championship.

CONTACT
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