



2017 USATF Colorado Association Junior Olympic Cross Country Kokopelli Racing Team Invitational



Saturday, September 30th 1:00pm
Polson Ranch 5201 CO-67 Sedalia, CO *(just west of Castle Rock)

SCHEDULE & AGE DIVISIONS:

Check begins at 11:45 am - Course Walk through 12:15 pm - 1st Race 1:00pm

Age Division	Distance	Time
8 & Under (born 2009+)	2 km (1.24 miles)	Girls/Boys 1:00 pm
9 & 10 (born 2007-2008)	3 km (1.86 miles)	Girls/Boys 1:30 pm
11 & 12 (born 2005-2006)	3 km (1.86 miles)	Girls/Boys 2:00 pm
13 & 14 (born 2003-2004)	4 km (2.48 miles)	Girls/Boys 2:30 am

* Athletes race the age they are as of December 31st, 2017.

COURSE DESCRIPTION: The course is primarily flat with a mix of grass, dirt trails, a few short steep hills and a few haybales! Metal spikes are recommended. This is a true Cross Country Course.

ELIGIBILITY REQUIREMENTS:

Individuals: This meet is open to all youth runners aged 6-18. Current USATF membership is not required to compete. Just sign up online and fill out the waiver.

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 at registration.

EVENT RESULTS: Results will be posted at www.KokopelliKids.com

AWARDS: Top 5 finishers in each age group (M/F) will receive awards.

ENTRY FEES & DEADLINES:

Registration: Online Registration must be completed by September 28th, 2017 11:59pm, MST. No Mail in entries accepted. (Race day entries accepted as a last resort and on an individual basis) Please register at www.KokopelliKids.com. Click on the **X-Country Tab** to enter. Entries: **\$12.00** per runner. The online entry system accepts VISA or MC credit cards. *There is a small convenience fee. Coaches with large teams contact Lisa@traininggoals.com to arrange for a group registration.

LOCATION: Polson Ranch 5201 CO-67, Sedalia, CO (just west of Castle Rock)
Parking is limited and available after the High School Invitational race has been completed.

CONTACT: Lisa Rainsberger @ (719-337-2737) or Lisa@traininggoals.com