



## USATF Colorado Cross Country State Championship

November 9<sup>th</sup> 2019

Bohn Park

199 2<sup>nd</sup> 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 2004-2005)	4 km (2.48 miles)
1:30 pm	Woman	15-16 (born 2005-2006)	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.athletic.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 be 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

Don Sinclair @ 775-846-7545 or [vblady@aol.com](mailto:vblady@aol.com) if you have any questions.