



2019 USATF Colorado Association Junior Olympic Cross Country Kokopelli Racing Team Invitational



Saturday, November 2, 2019

Fountain Creek Regional Park – Fountain, CO *(just south of CO Springs)

SCHEDULE & AGE DIVISIONS: Check in 9:30 am - Course Walk through 10:00am

Age Division	Distance	Time
8 & Under (born 2011+)	2 km (1.24 miles)	Girls/Boys 11:00 am
9 & 10 (born 2009-2010)	3 km (1.86 miles)	Girls/Boys 11:30 am
11 & 12 (born 2007-2008)	3 km (1.86 miles)	Girls/Boys 12:00 pm
13 & 14 (born 2005-2006)	4 km (2.48 miles)	Girls/Boys 12:30 pm

* Athletes race the age they are as of December 31st, 2019.

* We may split the 11-12 & 13-14 age groups into separate boys/girls races depending on numbers of runners.

COURSE DESCRIPTION: The course is primarily flat with a mix of grass, dirt trails, and cement sidewalks. Metal spikes are not recommended.

ELIGIBILITY REQUIREMENTS:

This meet is open to all youth runners aged 6-14. Current USATF membership is not required to compete.

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 AWARDS and RESULTS: Awards will be given to runners placing 1st - 5th in each age group. Results will be posted on the Colorado USATF website.

ENTRY FEES & DEADLINES: **Online Registration must be completed by October 31st, 2019.** Individuals please register at www.KokopelliKids.com. Click the **X-Country Invitational Tab** to enter. (Race day entries accepted as a last resort and on an individual basis.) Team Coaches send registration spreadsheet to Lisa. Entries: **\$15.00/runner**. The online entry system accepts VISA/MC credit cards. **There is a small convenience fee.*

DIRECTIONS & PARKING: **Fountain Creek Regional Park, 2010 Duckwood Rd., Fountain, CO 80817**

Fountain Creek Regional Park can be reached from Interstate 25, Exit 132; east on Highway 16 for 1 mile; take Security exit to Highway 85 for 1 mile, south .50 mile to Duckwood Road.

CONTACT: [Lisa Rainsberger @ \(719-337-2737\)](mailto:Lisa.Rainsberger@719-337-2737) or Lisa@traininggoals.com