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

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Distance</th>
<th>Time</th>
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<tbody>
<tr>
<td>8 &amp; Under (born 2011+)</td>
<td>2 km (1.24 miles)</td>
<td>Girls/Boys 11:00 am</td>
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<tr>
<td>9 &amp; 10 (born 2009-2010)</td>
<td>3 km (1.86 miles)</td>
<td>Girls/Boys 11:30 am</td>
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<tr>
<td>11 &amp; 12 (born 2007-2008)</td>
<td>3 km (1.86 miles)</td>
<td>Girls/Boys 12:00 pm</td>
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<tr>
<td>13 &amp; 14 (born 2005-2006)</td>
<td>4 km (2.48 miles)</td>
<td>Girls/Boys 12:30 pm</td>
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* 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](http://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) or Lisa@traininggoals.com