



2023 Lake Erie Association Junior Olympic Cross Country Championship Saturday, November 11, 2023

Location: Columbiana High School
700 Columbiana-Waterford Rd Columbiana, OH 44408

Start Time: 10:00 am. **Check In:** Begins at 8:30 am.

Rules: The competition will be conducted under the current USATF rules.

Sanction: This meet is sanctioned by Lake Erie Association of USA Track & Field.

Awards: Association medals presented to the top three places in each age division.

Course: Mostly a grass surface. No dressing facility is available.

Entry Fee: \$15 per event until 11/8/23.

No additional entry fee for teams. A team must consist of at least five runners, but not more than eight runners, and the team must be a registered USATF club. All athletes must have a current USATF membership card. Membership must be purchased online at www.usatf.org

Online Registration: Go to <https://www.athletic.net/edit/crosscountry/register/3467370/> and fill out the online registration, there is no onsite or mail in registration. Registration will be open until November 8, 2023 at 11:59 pm.

Please do not wait till the last minute! All ages need to be verified by USATF's National Office. You will not be able to register without birthdate verification.

THERE WILL BE NO REGISTRATION AFTER NOVEMBER 8, 2023 AT 11:59 PM!

AGE DIVISION	YEAR OF BIRTH	DISTANCE
8 and Under*	2015+	2,000m
9-10	2013-2014	3,000m
11-12	2011-2012	3,000m
13-14	2009-2010	4,000m
15-18	2005-2008	5,000m

*Athletes must be at least 7 years of age on December 31st of the current year to compete in 8 & under

Questions: If you have any questions, please contact Brian Jones at youth@lakeerie.usatf.org or call (330) 224-2672.

Advancement: NO REGIONAL MEET WILL BE HELD. The top fifteen individuals and top two teams in each age division will advance to the USATF National Cross Country Meet on December 9, 2023, in Louisville, Kentucky.