



2024 Lake Erie Association Junior Olympic Cross Country Championships Saturday, November 9, 2024

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

Start Time: 10 a.m. **Check In:** Begins at 8:30 a.m.

Age Groups:	Age Division	Year OF Birth	Distance
	8 and Under*	2016+	2,000M
	9-10	2014-2015	3,000M
	11-12	2012-2013	3,000M
	13-14	2010-2011	4,000M
	15-18	2006-2009	5,000M

5,000M (will run with master's runners) at 10am followed by 4,000M then 3,000M and finally 2,000M. Rolling schedule.

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 to top three Lake Erie Association members only in each age group.

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

Entry Fee: \$10 per event until 11/5/24.

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 Athletic.net and fill out the online registration, there is no mail in registration. Registration will open until November 5, 2024, 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 5, 2024, AT 11:59 PM!

Questions: Call or text Brian Jones at (330) 224-2672 or email Youth@lakeerie.usatf.org

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 14, 2024 in Louisville, Kentucky at E.P. Tom Sawyer Park 3000 Freys Hill RD 40241.