

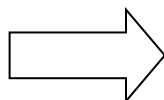
What is the Junior Olympics?

What is the “Junior Olympics” circuit?

The Junior Olympics (JO's) is a series of three progressive meets governed by the USA Track and Field Association.

- **Association Meet:** The Issaquah Parks and Recreation Gliders team is a member of the Pacific NW Association (PNA) of USA Track and Field. The Association Meet is the championship meet of all teams in the Pacific NW Association of Western WA.
 - Track and Field Advancement: Top 8 finishers in each event advance to Regional Competition.
 - Cross-Country Advancement: Top 35 individuals and top 5 scoring teams in each age division advance to the Regional Competition.
- **Regional Meet:** Region 13 is comprised of 4 Associations – PNA, Inland Northwest (INW), Oregon, and Alaska. INW represents Eastern and Central WA and some cities of Idaho that border Washington. The Alaska Association has special arrangements with USATF due to travel constraints.
 - Track and Field Advancement: Top 5 finishers in each event advance to the National Competition.
 - Cross-Country Advancement: Top 25 individuals and the top 5 scoring teams in each age division advance to the national level.
- **National Meet:** USA Junior Olympics
 - Track and Field All-Americans: Top 8 finishers in each event are awarded All-American awards.
 - Cross-Country All-Americans: Top 30 individuals and top 5 scoring teams are awarded All-American awards.

Age Divisions 2019	Year of Birth	XC Race Distance
8 & Under	2011+*	2K, 1.24mi
9 - 10	2009-2010	3K, 1.86mi
11 - 12	2007-2008	3K, 1.86mi
13 - 14	2005-2006	4K, 2.5mi
15 - 16	2003-2004	5K, 3.1mi
17 - 18	2001-2002	5K, 3.1mi



Junior Olympics divisions are determined by birth year! Age on the day of the race and grade level are not factors.

Dates/Locations:

- **2019 Track and Field:**
 - PNA Association Meet: Mt. Tahoma HS, June 21-23
 - Region13 Regional Meet: Mt. Tahoma HS, July 5-7
 - National Meet: Sacramento, July 22-28
- **2019 Cross-Country:**
 - PNA Association Meet: Woodland Park, Nov 16
 - Region13 Regional Meet: Nov 23, Lane Community College, Eugene, OR
 - National Meet: Dec 14, Madison, WI

What is the Junior Olympics?

What are the requirements to participate in the Junior Olympics "JO's"?

- In addition to being a Gliders team member each competitor must be an individual member of the USA Track and Field Association. New members can register online at www.usatf.org and follow the membership links. The fee is \$20 annually. Below you will find the information that you will need to register. **Please DO NOT wait until the last minute!**
 - Association: Pacific Northwest #36
 - Team Name: Issaquah Parks and Recreation Gliders
 - Team Number: 36-150
 - Birth certificate photocopies: Please confirm the runner's date of birth by providing a photocopy the proof of birth to the local chairperson via the address provided on the website or email a pdf email copy to her:
 - "tracy silva" <pnamember@comcast.net>;
 - **Each competitor is responsible for his/her own meet fees and transportation costs.**
 - Contact coaches when your USATF birth date has been verified.
- Existing members please confirm that your membership is valid for the current year. Please renew if it is expired at www.usatf.org and click on the "renew" tab.

I registered for USA Track and Field, now what?

This year's registration for Junior Olympics competitions will be online. Directions will be provided when your USATF membership has been verified.

Is Junior Olympics stressful?

The JO XC Meets are fun competition. We hope to demonstrate that stress can be channeled into positive energy, individual determination, and team spirit!

How do I race JO?

The first step is to register for a Issaquah Parks and Rec Gliders Track or XC extended season program.. Step 2 is to become an individual member of USATF. **NEW** memberships applied for on Nov 1 are valid for the current year + the following year.

What if I already have a USATF individual membership?

Please confirm that your membership is current for the current competition year. Please renew an expired membership. Current membership are ready to go directly to the registration step!

Can I race locally and/or regional level and not at the national level?

Yes.

More questions?

- Email Coach Joanne at issgliders@comcast.net
- Or, please direct them to any coach at practice!

***Get Your USATF
membership ASAP!***