



**USA Track & Field Junior Olympics
Iowa Association Cross Country
State Championships**

Sunday, November 1, 2020
West Des Moines, Iowa

LOCATION: Valley Southwoods Freshman High School, 625 S. 35th Street, West Des Moines, Iowa

COURSE: Moderately hilly & open course. Start & finish along east entrance driveway

ENTRY FEE: \$10.00 per participant

ON-LINE PRE REGISTRATION: Online registration is with **Athletic.net**

Instructions: [On-line Registration](#)

On-line registration site opens 10/09/2020, closes 10/30/2020 at 11:59 pm

SELF-GUIDED WALK-THROUGH: after 12:00 p.m.

COMPETITION SCHEDULE:

1:00p.m. 8 and Under Girls & Boys combined (born 2012 & after) - **2000 Meters**

1:30p.m. 9-10 Year Old Girls & Boys combined (born 2010 & 2011) - **3000 Meters**

2:00p.m. 11-12 year Old Girls & Boys combined (born 2008 & 2009) - **3000 Meters**

2:30p.m. 13-14 Year Old Girls & Boys combined (born 2006 & 2007) - **4000 Meters**

3:00p.m. 15-16 Year Old Girls & Boys (born 2004 & 2005) / 17-18 Year Old Women & Men (born 2002 & 2003), all combined - 5000 Meters

AGE DIVISION RULES: Age determined as of December 31, 2020

AWARDS: Medals for the top ten individuals in each age/gender division.

TEAMS: A team may have 5 to 8 competitors in the same age/gender division.

*The 15-16 and 17-18 year old age groups are combined for team scoring purposes.

The top 5 runners count in scoring for the team awards.

Online Registration for this meet will be done through Athletic.net (see above) If there are questions/issues with registration, please contact Jim Walczyk at jim.walczyk@gmail.com or 515-771-4246.

West Des Moines School District requires EVERYONE on their premises to wear a facemask at ALL times. Failure to comply to this will result in removal from the property. (Runners, during their race, are excluded)