

Junior Olympic Cross Country

Cross country dates back to the turn of the 20th century as an Olympic Sport when it was contested as a team and individual event at the 1904, 1912, 1920 and 1924 Summer Games. The Olympic spirit is still alive in the sport today as thousands of youth athletes compete throughout the fall in USATF's Junior Olympic Cross Country program.

The Junior Olympic Cross Country program culminates each December when more than 3,000 youth cross country runners hit the course to compete in the USATF National Junior Olympic Cross Country Championships. Entry for the national championship is based on athlete performances at preliminary, Association, and Regional levels.



Age Division Year of Birth

Age Division	Year of Birth
8 & Under	2009+*
9 - 10	2007 - 2008
11 - 12	2005 - 2006
13 - 14	2003 - 2004
15 - 16	2001 - 2002
17 - 18	1999 - 2000**

If you are interested in participating in Junior Olympics XC see the back of this paper for information. It is for ages 7 and older, boys and girls and you will compete in 2yr. increments according to your DOB. There are possible competitions out of state if interested and practices to prepare runners. For more details see Coach De La Cerda or Coach McQuitty and come to our first practice. If you can not make the first practice contact coach 589-4326 if you are interested. This club is free to everyone to join. New members are always welcomed!

Parents and Athletes,

If you are interested in running Junior Olympics and joining the Penguin XC and Track Club, come to the first practice located at Carroll Park parking lot located across from AHS on October 2nd @ 5:45 pm, MWF. If you cannot make it and are still interested call me at the number below, see us on Facebook or visit the websites below for more information about what Junior Olympics is about.

You have to have USATF card, which about \$20 (website below). First event is November 4th in Parker, if you are a qualifier in Denver you advance to the regionals in El Paso, TX. The card is good for the rest of the year. Web links are below for USATF card. Nationals take place in Tallahassee, FL.

Thank you,

Coach De La Cerda 589-4326

<http://colorado.usatf.org/Youth/Youth-Upcoming-Events.aspx>

<http://www.usatf.org/groups/Youth/programs/JuniorOlympics/XC.asp>

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