

2009 CROSS COUNTRY

All Comer/Junior Olympic Meet Schedule

8:30am	Registration	11:00am	3km Midget
9:00am	Walk-through	11:30am	4km Youth
10:00am	2km Pre Bantam	Noon	5km Int/Young
10:30am	3km Bantam	Noon	5km Open/Master

Fall 2009 XC State Championship

(Meet requires on-line registration and current USATF Membership)

November 14 OR Assn. XC Champ. Sandy High School
USATF Oregon High School Championships
(contact Doug Bowman, Youth Chair)
Open/Masters 8k & 6k Championships
Directions to Sandy High School: Take Hwy 26 into Sandy. (Turn north) on Bluff Rd. Proceed 3 blocks to the football stadium parking lot on left. Walk down to the stadium.
CONTACT: Doug Bowman 503 869-4583

November 21 Reg. 13 Championships Spokane, WA
Region 13 Jr Olympic Cross Country Champs Plantes Ferry Park
Spokane, WA

December 12 JO XC National Reno, NV

For more information contact:

Doug Bowman, Youth Chair (503) 869-4583
USATF Office, (541) 504-1077

Oregon Association Website:

www.usatf-oregon.org

2009 Oregon Association All Comer / Junior Olympic Cross Country Meet Schedule

Meet dates and locations subject to change... Please check website
<http://www.usatf-oregon.org> for the latest information.

Registration Begins at 8:30 a.m.
For all developmental meets.
Entry fee: \$5.00

All meets will follow same schedule as noted.



Age Groups for 2009	
Sub Bantam	2001+
Bantam	1999+
Midget	1997-1998
Youth	1995-1996
Intermediate	1993-1994
Young	1991-1992

2009 All comer/Junior Olympic Schedule
For Youth, Open, and Master Athletes
Please remember to check our website
for changes in the schedule! www.usatf-oregon.org

Sept 26 Salem Track Club Bush Park
Directions to Bush Park: From I-5, take exit #253, go west (road becomes Mission). Travel approx. 2 miles to 12th St. Turn left on 12, right on Cross, then right on Yew St
CONTACT: Dan Joynt 503-585-9438

Oct 3 Team Oregon USA Corbett High School
Directions to Corbett High School: Merge onto I-205 N/ VETERANS MEMORIAL HWY via EXIT 288 toward I-84/ THE DALLES/ SEATTLE. Merge onto I-84 E/ US-30 E via EXIT 22 toward THE DALLES Take EXIT 22 toward CORBETT Turn RIGHT onto NE CORBETT HILL RD At top of hill stay to the right. Go west approx. ¼. Behind the Elementary School.
CONTACT: Doug Bowman (503) 869-4583

Oct 10 Emerald Valley TC Armitage Park
Directions to Armitage Park: From I-5 southbound to exit 199 (Coburg). Go west onto Van Duyn Rd., and into the town of Coburg, where Van Duyn dead-ends at Coburg Rd. (there is a traffic light there). Turn left (south) onto Coburg Rd. and travel approximately two miles to the entrance of Armitage Park (sign will say "County Park"). From I-5 northbound to exit 195 (Beltline-Gateway). Take the ramp to Beltline westbound, and go one exit to Coburg Rd. At the end of the exit ramp, turn right (north) onto Coburg Rd., and travel approximately one-and-a half miles to the entrance of Armitage Park (sign will say "County Park") on the left (west) side of Coburg Rd.
CONTACT: Jeff Hoskins (541) 606-2793

Oct 17 Warner Pacific Westmoreland Park
Directions to Westmoreland Park:
From I-5 take exit 297 to Terwilliger Blvd. Turn right at Terwilliger Blvd. Turn left at SW Taylors Ferry Rd Turn right at SW Macadam. Slight left at Sellwood Bridge Continue on SE Tacoma St Turn left at SW 17th
Continue on SE Milwaukie Ave Turn right at SE Bybee Blvd
CONTACT: Dave Lee 503-656-0001
Registration & Walk-Through 8:30-11am...Races start at 11:00am

Oct 24 Team Oregon USA Sandy High School
Directions to Sandy High School: Take Hwy 26 into Sandy. (Turn north) on Bluff Rd. Proceed 3 blocks to the football stadium parking lot on left. Walk down to the stadium.
CONTACT: Doug Bowman 503 869-4583

Oct. 31 Track City TBA

Oct. 31 Warner Pacific Oregon City High School
Directions to Oregon City High School: Take exit 10 off of I-205. Go 3 miles south to the light at Beaver Creek Rd. Go left (east) one mile (pass the east entrance to Clackamas Com Col). Enter the Oregon City HS parking lots on north or south side of campus. Meet on the track behind the main buildings.
CONTACT: David Lee (503) 656-0001

Nov 7 Team Oregon USA Sandy High School
Directions to Sandy High School: Take Hwy 26 into Sandy. (Turn north) on Bluff Rd. Proceed 3 blocks to the football stadium parking lot on left. Walk down to the stadium.
CONTACT: Doug Bowman 503 869-4583

Nov. 7 Open/Masters 5K Sandy High School
Directions to Sandy High School: Take Hwy 26 into Sandy. (Turn north) on Bluff Rd. Proceed 3 blocks to the football stadium parking lot on left. Walk down to the stadium.
CONTACT: Doug Bowman 503 869-4583

Nov 14 JO Association Championships Sandy High School
Directions to Sandy High School: Take Hwy 26 into Sandy. (Turn north) on Bluff Rd. Proceed 3 blocks to the football stadium parking lot on left. Walk down to the stadium.
CONTACT: Doug Bowman 503 869-4583

Nov 21 Reg. 13 JO Championships Spokane, WA
Plantes Ferry Park Spokane, WA

Dec 12 JO Nationals Reno, NV