



**2018 Nebraska Association
Youth Junior Olympic Cross Country Championships
&
Long Distance Running Cross Country Championships
Walnut Grove Park – 151st & Q Streets – Omaha, Nebraska
Sunday, November 11, 2018 – 1:30 p.m.**

Meet Schedule: Youth team packets available at 12:00 noon. Course walks begin at 12:30 p.m.
The first race begins at 1:30 p.m.

Approximate race schedule (age divisions may be combined for competition purposes):

- 1:30 p.m. – 2,000 meters – 8 & Under Boys and Girls
- 1:50 p.m. – Awards: 8 & Under
- 2:00 p.m. – 3,000 meters – 9-10 Boys
- 2:05 p.m. – 3,000 meters – 9-10 Girls
- 2:35 p.m. – Awards: 9-10
- 2:45 p.m. – 5,000 meters – LDR Open Championships
- 3:25 p.m. – Awards: LDR
- 3:00 p.m. – 3,000 meters – 11-12 Boys
- 3:05 p.m. – 3,000 meters – 11-12 Girls
- 3:30 p.m. – Awards: 11-12
- 3:40 p.m. – 4,000 meters – 13-14 Boys and Girls
- 4:10 p.m. – Awards: 13-14
- 4:15 p.m. – 5,000 meters – 15-16 Boys and Girls & 17-18 Boys and Girls
- 4:45 p.m. – Awards: 15-16, 17-18

USA Track & Field Membership: All participants must have a current 2018 or 2019 USATF membership. Membership applications can be downloaded or completed online at usatf.org.

Youth Entry fee: \$6 per athlete. Enter online at athletic.net by 11:59 p.m. on Thursday, November 8. If you're having problems entering online, contact Darwin Gushard at nebraskausatf@yahoo.com or (402) 619-0733. No youth entries will be accepted on the day of the meet.

LDR Entry fee: \$10 day of the meet.

Awards: Medals will be presented to the top ten (10) individuals in each division.

Results: Posted at www.nebraskausatf.org.

Youth National Qualification: The top ten (10) individuals and the top team in each age division qualify for the USATF National Junior Olympic Cross Country Championships in Reno, Nevada on Saturday, December 8. Enter online at athletic.net by 11:00 p.m. on Saturday, December 1.

For more information, contact Scot Rainbolt at cornhuskerflyers@gmail.com or (402) 672-0390.