

**2016 LAKE ERIE ASSOCIATION JUNIOR OLYMPIC  
CROSS COUNTRY INFORMATION...  
THE ONLY NATIONAL JUNIOR OLYMPICS IN THE U.S  
RUN WITH THE BEST  
SATURDAY NOVEMBER 12,2016...MALONE UNIVERSITY  
2600 CLEVELAND AVE. CANTON OH 44709**

Lake Erie Association consists of the following Counties: Erie, Huron, Richland, Lorain, Ashland, Geauga, Cuyahoga, Lake, Medina, Summit, Wayne, Holmes, Stark, Tuscarawas, Harrison, Jefferson, Carroll, Columbiana, Mahoning, Portage, Trumbull and Ashtabula.

Lake Erie Association is part of Region V, which consists of the following: Lake Erie, Ohio, West Virginia, Michigan. And Kentucky

A National championship series in our Region will consist of an Association Championship, and a National Championship. Athletes advance on the basis of performance. National championships attract more than 2500 athletes.

<b>AGE DIVISION</b>	<b>YEAR OF BIRTH</b>	<b>DISTANCE</b>
8 and under	2008+	2000
9-10	2006-2007	3000
11-12	2004-2005	3000
13-14	2002-2003	4000
15-16	2000-2001	5000
17-18	1998-1999	5000

\*athlete must be at least 7 years of age on December 31<sup>st</sup> of the current year to compete in 8 & under

The Association meet will be held on Saturday November 12th, 2016 . Check in will start at 9:00AM. The meet will begin at 10:00AM., starting with the oldest age group. You may register as an individual or a team by going to [www.lakeerie.org](http://www.lakeerie.org) web site and register through the Athletic.net entry system. This is the only method of entry. Instructions will be on the web site. If you have any questions or concerns please contact Larry Seifert at 440-842-2142 or on line at LNS1955@ATT.NET. If you have questions regarding entries please contact JoAnn Kitchen on line at kitchgj@aol.com

The entry fee is \$10.00 per athlete. There is no additional entry fee for teams. Teams must consist of at least five, but no more than eight runners. Teams must be registered USATF clubs. All athletes must have a USATF membership card. Please bring a copy of your birth certificate or your past years membership card with the certification of birth marked on it.

**NO REGIONAL MEET WILL BE HELD. The top fifteen individuals and top two teams in each age division will advance to the National Cross Country Meet on December 10, Veterans Park, Hoover Alabama.**