



WELCOME!

to Pacific Association Junior Olympic Cross Country and Track & Field

The Pacific Association Cross Country and Track & Field meets will qualify youth to compete at Junior Olympic National Championships meets. These meets provide youth athletes with Olympic-style experiences that will prepare them for National Championship and Olympic Trials competitions in later years. Below is the information that will get them there!

Visit <http://www.pausatf.org> for additional Pacific Association information and to join on-line.

XC 2005



Jordan Hassay

Did you know?

USA Track & Field is the only T&F and Distance Running organization sanctioned by the U.S. Olympic Committee?



Marie Lawrence

Did you know?

That the Pacific Association is the largest and most active association in the country.

- **SHARPEN** your XC skills by competing at one or several of eight Pacific Association meets listed on the PA Youth XC calendar.
- **QUALIFY** for the Region 14 Meet at the **Pacific Association Junior Olympic Championships** Sunday - November 20 Point Pinole Park, Richmond Kirk Smith 510-724-6625, MustangsTrack@aol.com
- **QUALIFY** for the National Junior Olympic Championships at the **Region 14 Junior Olympic Championships** Sunday - November 27 Woodward Park, Fresno Susan Johnson, SSNJohnson@comcast.net
- **COMPETE!** **National Junior Olympics Cross Country Championships** Saturday - December 10 Bryant University - Smithfield, RI (near Providence) Bernard Boemker; ron_boemker@hotmail.com <http://www.rjoxc.com/>



Jahvid Best

Did you know?

That star prep athletes like those pictured on this page have all competed at the Junior Olympic meets?



David Klech

T&F 2006

- **2006 PACIFIC ASSOCIATION T&F INFORMATION** The Pacific Association Track & Field season will begin in February and continue until mid-July. Check <http://www.pausatf.org> for the meet schedule in December.
- Meets required for qualification at the local, then regional, then the national level will begin in early June.
- The 2006 USATF Junior Olympic Track & Field Championships will be held July 25-30, 2006 Morgan State University - Baltimore, Maryland