

Hello Rain City Flyers Community!

Here is all the information we currently know regarding the upcoming 2025 Cross Country Season.

Practices

Practices will be held in Woodland Park, meeting near the gravel lot off N 50th St and Woodland Park Ave, beginning Tuesday, September 2nd. Practices will run from 4:30-6:00 PM Tuesday and Thursday through Tuesday, December, 9th. When we do not have a meet, we will also have practice on Saturday from 9:00-10:30 AM. After Daylight Saving Time ends (11/2/25), we will move our Tuesday and Thursday practices down near the Green Lake track and tennis courts where there are lights.

Meet Schedule

Currently, there are 6 club meets planned for the season beginning in late September and running through the first weekend of November. There will likely be a meet each weekend, mainly on Saturday, but there will be one or two Sunday meets.

All youth cross country meets follow roughly the same schedule – races begin around 10am with the youngest athletes and progress through early afternoon, ending with the oldest athletes. 8U usually run 2k (~1.2mi), 9-10 and 11-12 typically run 3k (~1.85mi) and 13-14 run 4k (~2.5mi). Track age is how old your athlete will be 12/31/25.

The USATF Junior Olympic Series, which is the culmination of our season, will have 3 meets:

Saturday, November 15 – PNW Association Championships – Magnuson Park, Seattle, WA

Saturday, November 22 – Region 13 Championships – Ash Creek Reserve, Salem, OR

Saturday, December 13 – National Championships – Blue River Cross Country Course, Shelbyville, IN

Our tentative meet schedule is posted on our [website](#).

Athlete Eligibility

We work with athletes age 7-14 (birth year 2018-2011). If your athlete was born in 2019 or later and you feel they are ready for a running team, please reach out to discuss this with us. Please note that any athlete born in or after 2019 will require a parent to run with them at **all practices**. This parent will need to be [3-step SafeSport Certified](#) through USATF.

If your athlete was born in 2010 or before, please reach out so we can discuss. Most high school athletes run with their high school, but we are happy to find a place in the team for your older athlete if that is what makes the most sense for them.

Team Volunteer Requirements

Rain City Flyers is a 100% volunteer run organization. We require all families to complete at least one shift of volunteering throughout the season. Volunteer opportunities include transporting and setting up/tearing down the team tent at meets, coaching, working at Home Base during practices, managing the Lost and Found for the team, helping out at the Rain City Stampede (home meet, 10/25), working on the concessions committee and being a Team Parent (organizing and presenting coach gifts at the end of the season).

Coaching and Home Base both require 3-Step SafeSport Certification. Learn more [here](#).

Registration

Registration will open at 10AM on Friday, August 8th. A reminder email will be sent 10 days prior, 1 day prior and when registration opens. Registration will remain open until we are full for the season – typically 1-2 hours. Please register promptly to ensure your athlete is able to compete with us this season. Please confirm your athlete's availability to participate fully with us prior to registering them, as there are no refunds for registration.

Fees for the season are still being determined. The Registration Fee will be \$135 for the season and will include all meet fees and a racing singlet (if needed).

Win! Rain City!

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Head Coaches

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Registrar
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