

San Diego USATF
NATIONAL JUNIOR OLYMPICS
ASSOCIATION CROSS-COUNTRY
CHAMPIONSHIPS
2008

DATE: Sunday – November 9th, 2008

HOSTED BY: SAN DIEGO-IMPERIAL ASSOCIATION

MEET MANAGER: John Hettinger

MEET DIRECTOR: Mike Mena (760) 414-1908

SANCTIONED BY

San Diego-Imperial Youth Association.

MEET LOCATION

BUENA VISTA PARK, VISTA, CALIFORNIA

WALK-THROUGH

The course walk through will be held at **8:00 A.M.**

STARTING TIME

The course will close at 8:45 A.M. The first race will begin at **9:00 A.M.** Starting with the Bantams girls and follow the order of age group as listed below, youngest age group first and girls first.

DIRECTIONS

Coming from the North, take the (I-5) south and exit on highway 78 East. Proceed on highway 78 East to Melrose Street. Take the Melrose exit. Make a right on Melrose, and proceed approx. 3 miles to Shadowridge Dr. Make a right on Shadowridge Dr, and go down to next stoplights. Park is on the left hand side. **Please Park on the street or at the baseball field parking lot. Across from the start line**

Coming from the South, take (I- 15) North to Highway 78 West. Proceed on Highway 78 West. Exit at the Sycamore exit. Proceed on Sycamore and make a right on Shadow Ridge. Go down approx. 3.5 miles, crossing over Melrose. The park in on left hand side, **Please park on the street, or at the baseball field parking lot. Across from the start line**

COURSE

This is a generally flat loop, running on dirt, grass, and pavement with one short wooden bridge and with one **large hill.**

ENTRY FEES

**ALL ENTRIES MUST BE RECEIVED NO LATER
THAN Thursday, November 6th 2008**

MAIL or email (socalroadrunners@cox.net) entries

**Mike Mena
212 Ardys Place
Vista, Ca 92084**

PAYMENTS: \$6.00 Cash, Money Order, or Checks only. **Make checks payable to:
USATF SAN DIEGO-IMPERIAL**

REQUIREMENTS:

Proof of Birth is required (copy of a birth certificate, passport, certified baptismal record, driver license, or U.S. government identification.) Online memberships are available by going to usatf.org/memberships. If you have any other question regarding memberships please call San Diego USATF office at 619-275-6542 prior to November 6th office is NOT open on Saturday's

Teams: Only registered USATF member clubs may enter a team. Teams must submit their completed Team Entry/Declaration form when they pick up their packets at the start of the Association Meet. Failure to do so will mean that your team will not be considered in the team points. List all possible eligible athletes because there will no addition accepted later. A team consists of no less than (5) and no more than (8) athletes. Only the original club members who were declared for the association championships may advance to the regional national championship. The top (5) of each team will score, in the event that (2) teams score the identical total points. The 6th place runner will be used to break to tie

BOYS/GIRLS AGE GROUP DIVISIONS (DOB) & DISTANCES

Bantams Girls/Boys	(1998-later)	3000 meters	(1.8 miles)
Midget Girls/Boys	(1996-1997)	3000 meters	(1.8 miles)
Youth Girls/Boys	(1994-1995)	4000 meters	(2.4 miles)
Intermediate Girls/Boys	(1992-1993)	5000 meters	(3.1 miles)
Young Men/Young Women	(1990 -1991)	5000 meters	(3.1 miles)

HIGH SCHOOL ATHLETES

Athletes who are competing at their High School League Final may be advanced into the Regional Championship meet without competing in the Association meet. Athletes must notify the meet director Mike Mena by November 8th, 2007 if an athlete wants to be waived into the Regional Championship. However, every athlete must pay for the Association and Regional Championship entree fees. **There is no advancement into the NATIONAL JO CROSS COUNTRY CHAMPIONSHIPS all athletes must run at the Regional meet**

“Remember all athletes **must** have a USATF membership number to complete”

QUALIFYING PROCEDUES

The top three teams in each age group and the top 25 individuals will qualify for the Regional 15 Championships. Which will be held at Mt. San Antonio College (Mt.Sac) on November 16th, 2008 Regional entry form and fees are due immediately after one qualified. Entry fees for the Regional JO is \$7.00

ADVANCING TO NATIONALS

The top 20 individual's athletes and all members (up to 8) of the top 3 teams advance to the National JO Championships at Pole Green Park - Mechanicsville, Va. on December 13th 2008. The entry fees \$8.00 (**cash only**) and form for each athlete **must be** paid with in 1 hour of your age group race **NO EXCEPTIONS.** You **MUST** run at the regional meet to advance to the NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMIONSHIPS

AWARDS

USATF Junior Olympic medals will be awarded to the top ten individuals in each age division

CONCESSIONS

Will be available