

# 2009

## **SAN DIEGO IMPERIAL ASSOCIATION JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS**

**DATE: Sunday, November 15, 2009**

**HOSTED BY: SAN DIEGO-IMPERIAL ASSOCIATION**

**MEET DIRECTOR: Mike Mena (760) 294 -7982**

**SANCTIONED BY  
San Diego-Imperial Association**

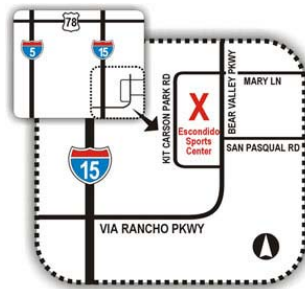
**MEET LOCATION  
Kit Carson Park  
3333 Bear Valley Parkway  
Escondido, CA 92025**

**COURSE WALK-THROUGH  
Will start at 7:30 am**

### **STARTING TIME**

The first race will begin at 9:00 A.M. (Bantam girls) in 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. Merge onto CA-78 E toward ESCONDIDO, Merge onto I-15 S toward SAN DIEGO (5 miles). Take the VIA RANCHO PARKWAY exit, Turn RIGHT onto W VIA RANCHO PKWY. W VIA RANCHO PKWY becomes BEAR VALLEY PKWY S. You will see soccer fields on your left, pass San Pasqual H.S. on your right, turn left on KITCARSON PARK RD. Pass Escondido Sport Center on your left, look for signs posted **"USATF NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS"**

**Coming from the South**, take (I-15) North exit W.VIA RANCHO PKWY turn right  
Follow directions above from this point on

### **COURSE**

This is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills, course map can be found on-line at

[www.scr-sd.com](http://www.scr-sd.com)

### **ENTRY FORMS**

**Individual:** All runners must have completed a 2009 USATF Junior Olympic Cross Country Individual & Advancement Form prior to competing in a race. An entry form may be obtained on the Youth Page of the San Diego Imperial Association's website: [www.sdusatf.org](http://www.sdusatf.org). Completed forms may be mailed with payment or submitted to the registration table prior to the race on the day of the meet.

**Team:** All Head Coaches must submit a 2009 USATF Junior Olympic Cross Country Team/Entry Advancement and Declaration Roster prior to competition. Entry forms may be obtained on the Youth Page of the San Diego Imperial Association's website: [www.sdusatf.org](http://www.sdusatf.org).

#### **ENTRY FEES & DEADLINES:**

**Registration:** Must be received November 11, 2009  
Individual Entries: \$10.00 per athlete.

*Team Entries: **No charge***

**Day of Event:** Closes at 8:30 AM (Individual runners only). **No team entries will be accepted after the registration deadline.**

**Mail or email ([socalroadrunners@cox.net](mailto:socalroadrunners@cox.net)) entries.**

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

*& mail to:*

SCRR  
550 E 8<sup>th</sup> Ave  
Escondido, CA 92025

#### **BOYS/GIRLS AGE GROUP DIVISIONS (DOB) & DISTANCES**

Bantams	(1999 - later)	3000 meters	(1.8 miles)
Midget	(1997-1998)	3000 meters	(1.8 miles)
Youth	(1995-1996)	4000 meters	(2.4 miles)
Intermediate	(1993-1994)	5000 meters	(3.1 miles)
Young Men/Young Women	(1991-1992)	5000 meters	(3.1 miles)

#### **ELIGIBILITY**

All Runners: Must have a current USATF membership to compete.

**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 [www.usatf.org/memberships](http://www.usatf.org/memberships). If you have any other question regarding memberships please call San Diego USATF office at 619-275-6542 prior to November 8<sup>th</sup>

**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 additions once the form is submitted.

### **AWARDS**

USATF Junior Olympic medals will be awarded to the 15 ten individuals in each age division

### **ADVANCEMENT**

Top 25 finishers and the top (3) teams (8 runners per team) will qualify for Regional Championships on **November 22<sup>nd</sup>** which will be held at Kit Carson Park. You must declare prior to leaving the meet on **November 15<sup>th</sup>**. Failing to do so will mean that you will not be eligible to run in the regional meet. You **MUST** run at the regional meet to advance to the NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS **NO EXCEPTIONS.**

### **HIGH SCHOOL RUNNERS**

You **MUST** contact the meet director (760) 294 -7982 by **NO LATER** November 12<sup>th</sup> if you which to be waived to the Regional's, all fees must be mailed (Association \$10.00 and Regional \$15.00) total of \$25.00 to the address above. Remember you **MUST** run at the regional meet to advance to the NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMIONSHIPS **NO EXCEPTIONS.** This year's Nationals will be held at San Rafael Park in Reno, Nevada

### **CONCESSIONS**

Concession will be available.