



2010 USATF San Diego Imperial Association Junior Olympic Cross Country Championships



Sunday, November 14, 2010

Kit Carson Park

3333 Bear Valley Parkway, Escondido, CA 92025

Meet Director:

Mike Mena

sandiegoroadrunners@gmail.com

(760) 294-7982

Age Divisions & Distances



Age Divisions		Distances	
Bantam	(born 2000 and later)	300 Meters	[1.8 miles]
Midget	(born 1998 – 1999)	3000 Meters	[1.8 miles]
Youth	(born 1996 – 1997)	4000 Meters	[2.4 miles]
Intermediate	(born 1994 – 1995)	5000 Meters	[3.1 miles]
Young	(born 1992 – 1993)	5000 Meters	[3.1 miles]

Course Walk Through: The course will be available for a walk through at 7:00AM on meet day.

Starting Time: The first race will begin at 8:00 A.M. with the Bantam girls followed by the Bantam Boys and the other age divisions with girls competing first.

The Course @ Kit Carson Park: This is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills.

Eligibility for Competition: Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in the Association Championships. See the USATF rules for more information and exceptions. A competitor must compete in his/her age division only. "Moving up" to another division is prohibited.

All competitors must have a current USATF membership number. A competitor will not be able to complete the online registration process without a current membership number. Date of birth (DOB) must be verified in the USATF membership database prior to registering on line. A competitor requiring a team membership change in accordance with USATF rules must have the team change completed prior to submitting to the on line registration process. Parents only can request a team change. Please email request to the Meet Director.

USATF Membership: USATF membership can be completed on line at www.usatf.org or by completing an application form at the USATF San Diego-Imperial Association Office (1511 Morena Blvd. San Diego, CA 92110), Phone 619 275-6542. The office is closed on the weekends. New membership should be completed by November 10, 2010.

Proof of Birth: Upon receipt of an acceptable document, the birth date will be entered into the national database. Per USATF Rule 300.1(i), acceptable proof of age shall be a copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification. No other proof will be accepted. No exceptions.

Teams: Only registered 2010 USATF member clubs may enter a team(s). All athletes representing a club must be affiliated with and members of that club as part of their USATF membership. Each scoring team must be selected from the download roster from the USATF membership database "A", "B", "C" etc during online registration process.

Event Waiver: A competitor seeking a waiver must submit a request to Meet Director for consideration for advancement to the Regional Cross Country Junior Olympic Championships by November 13, 2010. A competitor still must register on line, pay fees and follow the regional meet registration requirements.

On Line Registration: Registration must be completed on line at www.coacho.com . Registration must be completed by 11:59 PM (Pacific Standard Time) on Thursday, November, 11, 2010. Should you have a registration issue or question then you must contact the Meet Director prior to the deadline or you will not be able to participate in these championships.

Entry Fees: The Association Entry Fee is \$10.00. Team should make check payable to USATF San Diego Imperial Association. Unattached athletes must pay entry fee in cash. The Regional and National fees will be \$15.00 and \$20.00 respectfully. Please refer to the Regional and National Meet Information Flyer for more information.

Advancement: The top 25 finishers in each division and top three (3) teams will qualify for the Regional Championships to be held on November 21, 2010 at Mt. San Antonio College in Walnut, California.

Qualified finishers must declare for the Regional Cross Country Championships within forty-eight (48) hours after the conclusion of the Association Championships. Please refer to the Regional Meet Informational Flyer posted at www.scausatf.org or on the youth page on the San Diego Imperial Association website which is www.sdusatf.org .

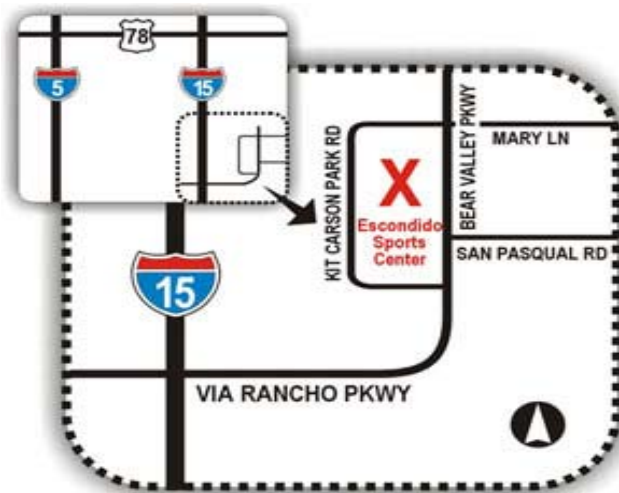
Qualified finishers must turn in a 2010 USATF Participant Waiver & Release Form prior to leaving the Association Meet. The form, which can be downloaded on line, requires a participant and parent signature.

Awards: Association Junior Olympic Medals will be presented to the top fifteen (15) finishers in each division.

Regional Meet Contact: Denise Smotherman, Youth Chair, Southern California Association.
Email: smotgnd52@earthlink.net

CONCESSION: A concession stand will be operated by a registered San Diego Imperial Association Youth Club.

Directions to the Meet:



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.

Coming from the South: Take (I-15) North, exit W.VIA RANCHO PKWY turn right and then follow directions above from this point on.



Michael Adkins, Youth Chair, San Diego Imperial Association, youth@sdusatf.org