

# 2010 Region 15 Junior Olympic Cross Country Championships

**SANCTION BY:** SOUTHERN CALIFORNIA and USATRACK & FIELD

**DATE/ TIME:** Sunday, November 21, 2010 at 9:30a.m. Course walks at 8:30 a.m.

**LOCATION:** Mt San Antonio Jr. College, 1100 Grand Ave, Walnut, CA 91789

**CO-MEET DIRECTORS:** Denise Smotherman Hm# (909) 595-0103  
Email: [smotgnd52@earthlink.net](mailto:smotgnd52@earthlink.net) or Rod Crowell will handle most of the day of meet issues.

**PARKING FEE** \$ 3.00 per car  
**Mt Sac 24/7 on** Should you arrive and there is not a parking attendant there to collect the fee  
**the whole campus.** you are still responsible for purchasing a parking ticket from the box just to the  
right of the first stop sign after you turn onto Bonita. No exceptions.

## EXHIBITION 3K RUN

**Information:** Cross Country does not allow move ups. Only the top 25 athletes and the top 3 teams per division will be able to advance to the Regional's. There will be an Exhibition 3k race that will start at 8:00am for all that want to run for practice sake. The fee will be \$ 3.00 and no awards will be given. That race will start promptly at 8:00am

DIVISION	BG/BB	(2000 & later)	3000 meters	MG/ MB	(1999-1998)	3000 meters
DISTANCES:	YG/ YB	(1997-1996)	4000 meters	IG & IB	(1995-1994)	5000 meters
	YW & YM	(1993-1992)	5000 meters			

**RACE TIMES:** The bantams will start at 9:30 am and we will be on a rolling schedule until the intermediates. The intermediates girls and above will not run before 11:30 am with the next 3 races to follow each other as they finish. Coaches and parents should be paying attention to the starting line calls for each division. If your athletes miss their race they will not be permitted to run with another sex or division.

**COURSE:** Challenging course over asphalt and dirt trails, with flat and rolling hill combinations. The 3k and 4k are new courses and the 5k is the high school invitation course. It will absolutely be a closed course. Anyone found on the course after the walk through will be endangering there athlete ability to compete in the race. Please don't test our Meet management decision.

**REGISTRATION:** you must enter the meet through [http://usatfregistration.com/meet/entry/ca\\_usatfyouthsca/](http://usatfregistration.com/meet/entry/ca_usatfyouthsca/) and pay online with a Master Card or Visa. Online registration for the Region 15 meet will open November 15<sup>th</sup> and close on November 17<sup>th</sup> 11:59 PM PST. **48 hrs only.** If you miss the 48 hour timeline you will not be able to register later. ABSOLUTELY NO REGISTRATION WILL BE ACCEPTED AT THE MEET..... PLEASE DO NOT ASK.

**ELIGIBILITY:** The only way that you are allowed in this meet is through the Association Meet or you were an approved waiver and all fees have been paid.

**ENTRY DEADLINE:** All online entries must be received no later than November 17<sup>th</sup>, 2010 11:59pm PST.

**ENTRY FEES:**

**\$ 15.00**

**FYI: These fee changes were voted on at the 2008 annual convention. I can only control what the increase is here at our Association Meet. However, know that the day is coming when it will be mandated to what is stated below.**

<u>Competition Level</u>	<u>Maximum Fee</u>
Association	\$10.00
Regional	\$15.00
National	\$20.00 per athlete

**ADVANCEMENT:**

Top 20 finishers and the top (3) teams will qualify for 2010 Junior Olympic Championships on **December 11.**

**Important info to handle prior to leaving the Regional Meet; If you are one of the top 20 finishers or part of one of the top 3 teams you must make sure that you have a 2010 USATF Participant Waiver & Release Form on file.. Be sure to download a copy of that form and bring it complete with parent signature. Be sure to complete the Event Info section as well.**

**JUNIOR OLYMPIC**

**JO meet fees are \$20.00 per athlete.**

**2010 CROSS COUNTRY JUNIOR OLYMPIC: in Hoover, Alabama on Saturday December 11<sup>th</sup> 2010.**

**MEET:**

Medals will be given to 1st thru 20th place **Team Championship awards will be given to the top three teams in each division.**

**AWARDS:**

**A team must consist of a minimum of (5) runners and maximum of (8) runners per team. Trophies will be awarded at the end of the meet.**

**SNACK BAR:**

Fruits, muffins, coffee, juices, water, sodas, sports drinks, donuts and hot dogs will be available. T-Shirts and sweatshirts will be available for sale.

**HOTELS / MOTELS:**

The hotels closest to Mt. SAC are the Shilo Suites at Temple and the 57 Fwy. There are plenty of other hotels on the 10 Fwy and Grand with Restaurants and major shopping center all within a 5-mile radius. If more information is needed please don't hesitate to call me.

**DIRECTIONS:**

Mt. SAC is between the Pomona and San Bernardino Fwys and west of the Orange Fwy (57)

**From Inland Empire** area take San Bernardino Fwy go west to the (57) Fwy, go south 1 mile to Temple Ave. and turn right and go west approximately 2 miles and turn left at Bonita and park in Lot R. Don't forget your \$ 3.00 parking fee.

**From the LA** area go east on Pomona Fwy (60), to Grand and turn left, go about 2 miles to Temple and turn right and turn right at Bonita and park in Lot R. Also from the LA area go east on the San Bernardino Fwy (10) to Grand exit and turn right, go 3 miles to Temple and turn left to Bonita and turn right and park in Lot R.

**From the 210 Fwy** go east to Orange Fwy (57) south and get off at Temple Ave. and go west approximately 2 miles and turn left at Bonita and park in Lot R.

To avoid me having to add a clean up fee to teams and individuals in the future, please leave someone behind to help clean up at the end of the day. If that's not possible then please clean up the area that you're using. You should deliver your trash to the dumpster at the bottom of the stairs by the gym building called 50G. It takes all of us to keep our facilities willing to allow us to return year after year.

Thanks Meet management and Mt Sac.

**FYI Regional Course Maps will be online**



**2010 USATF Junior Olympic Program  
Participant Waiver & Release Form**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Full USATF Club Name \_\_\_\_\_

USATF Club Number \_\_\_\_/\_\_\_\_/\_\_\_\_ - \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

USATF Association \_\_\_\_\_ USATF Region \_\_\_\_\_

2010 USATF Memb. No. \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_ (Required)

I voluntarily agree to participate in the 2010 USA Track & Field Junior Olympic Championships and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the 2010 USA Track & Field Junior Olympic Championships, from any cause whatsoever, including the fault or negligence of Releasees (as defined below). I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the local USATF Association, the Local Organizing Committee, the Facility and Championship Sponsors, their respective officers, directors, employees, agents and volunteers (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the 2010 USA Track & Field Junior Olympic Championships. In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Athletes who participate in this competition may be subject to drug testing. Visit the competition's Athlete Information page for more information. ([www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships](http://www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships))

\_\_\_\_\_  
Signature - **ATHLETE**

\_\_\_\_\_  
Signature - **PARENT / GUARDIAN** (Must be signed if athlete is under 18 years of age.)

ADA request: I am requesting an accommodation for a disability as follows: \_\_\_\_\_

(Visit [www.usatf.org/about/legal/policies/ADA.asp](http://www.usatf.org/about/legal/policies/ADA.asp) for forms and procedures) \*

*Please note: All requests for accommodations must be received six weeks prior to the date of competition.*

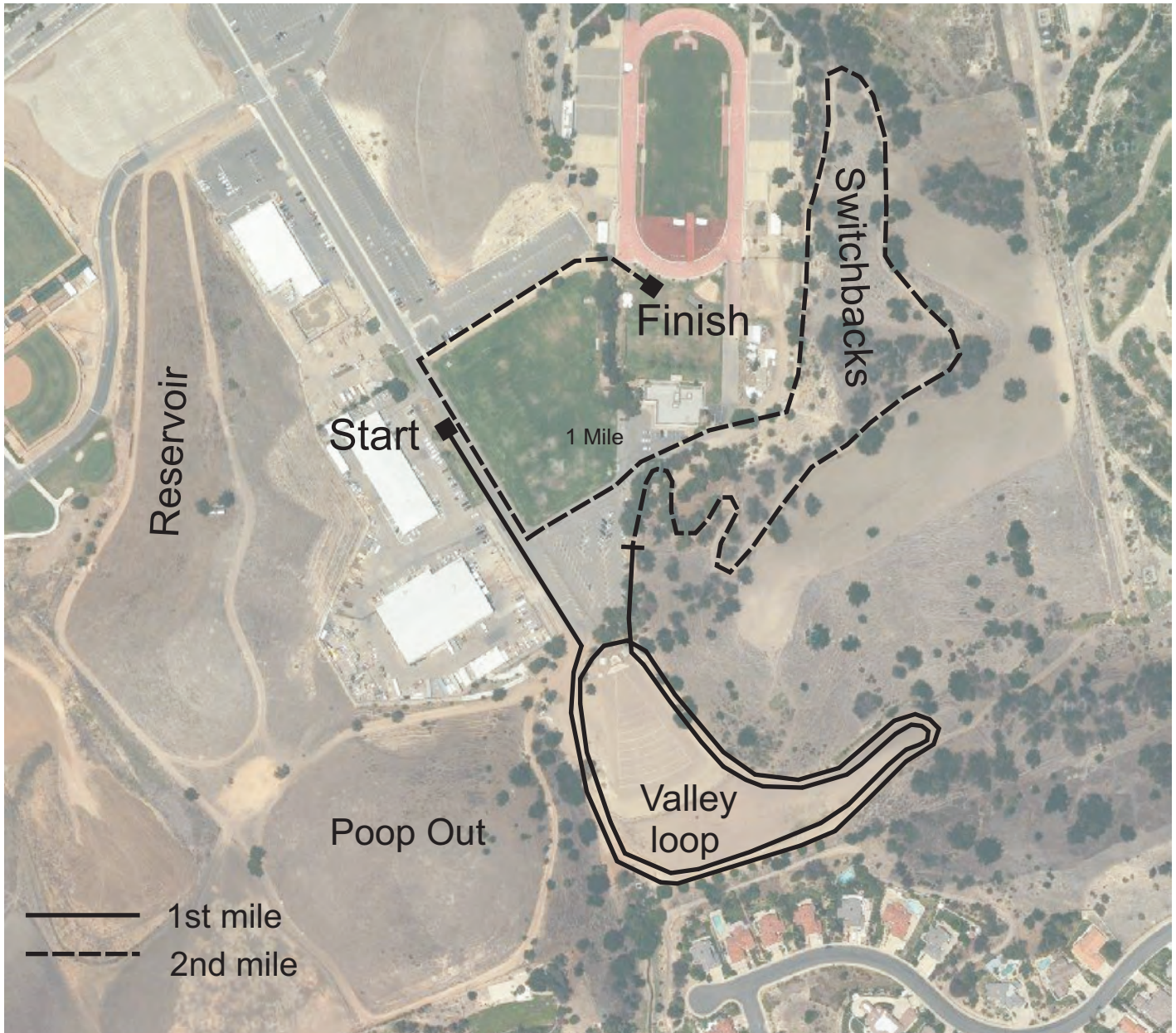
List allergies and current medications: \_\_\_\_\_

**Event Info:**

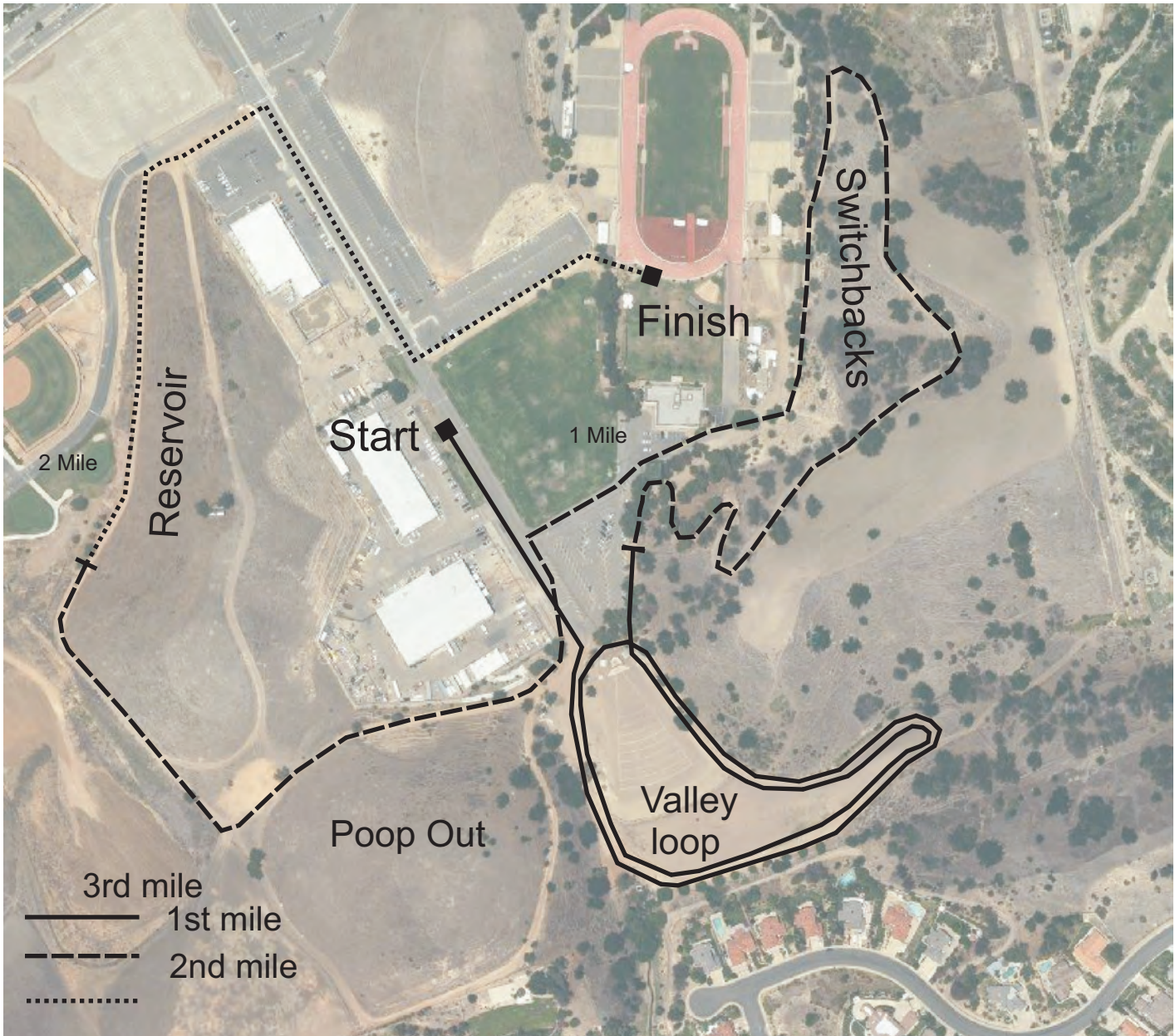
**ASSOCIATION** Team/Unattached \_\_\_\_\_ Division \_\_\_\_\_ Place Finished \_\_\_\_\_

**REGIONAL** Team/Unattached \_\_\_\_\_ Division \_\_\_\_\_ Place Finished \_\_\_\_\_

# Mt. San Antonio College 3 km Course Map



# Mt. San Antonio College 4 km Course Map



# Mt. San Antonio College 5 km Course Map

