



2011 USATF San Diego Imperial Association Junior Olympic Cross Country Championships



Sunday, November 13, 2011

(Meet Information Revised on 11/2/11 at 9:37PM)

Kit Carson Park

3333 Bear Valley Parkway, Escondido, CA 92025

Age Divisions & Eligibility & Requirements



Divisions	Birth Year	Distance
Sub-Bantam	*2003 – 2004	2000m [1.2 miles]
Bantam	2001 – 2002	3000m [1.8 miles]
Midget	1999 – 2000	3000m [1.8 miles]
Youth	1997 – 1998	4000m [2.4 miles]
Intermediate	1995 – 1996	5000m [3 miles]
Young	1993 – 1994	5000 [3 miles]

Individuals: Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF rules for more information and exceptions. A competitor must compete in his/her age division only. All athletes must be registered 2011 members of USATF in good standing.

Teams: Only registered 2011 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.

ENTRY PROCESS: Only athletes who are registered and current members in good standing with USATF may compete. 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. In addition, proof of birth must be verified prior to starting the on-line registration process. Per USATF rules, proof of birth is limited to a copy of a birth certificate, passport, certified baptismal record, driver license or U.S. Government identification. Hospital certificates are not acceptable. Proof of birth for age verification purposes may be faxed to the number listed above. Please allow sufficient time to process.

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ON-LINE REGISTRATION: Entry shall be completed on line and must be received by **11:59 PM on Thursday, November 10, 2011**. To enter the meet go to www.coacho.com. Select the USATF San Diego Imperial Cross Country Meet.

PARTICIPANT WAIVER & RELEASE FORM: A completed form is required by all competitors prior to competing. You may obtain the form from the on line registration system by going to the main menu and selecting option number seven (7), print waiver.

ENTRY FEE: \$10.00 per athlete

Entry fee must be paid prior to athlete participation. 2011 Registered USATF San Diego Imperial Association teams may pay by cash, team check or money order. Unattached athletes must pay by cash or money order. No **personal checks** will be accepted from teams or unattached athletes. A club check returned for insufficient funds will result in removal of all athletes from the regional meet. Entry fees are non-refundable or transferrable.

EVENT WAIVER: You **MUST** contact the meet director 760.294.7982. **NO LATER** than November 9th if you wish to be waived to the Regionals, all fees must be paid (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 CHAMPIONSHIPS **NO EXCEPTIONS**. Typically, high school aged athletes request a waiver as they are still competing for their high school, but wish to compete at the regional or national meets. Waived athletes must enter the meet via the on line process and comply with all requirements for participation.

AWARDS: USATF Association Junior Olympic medals will be awarded to the top ten finishers up to a maximum of twenty per age division.

ADVANCEMENT: The top **25** individuals and top 3 teams will advance to the USATF Region 15 Junior Olympics Championships to be held on November 20, 2011 at Kit Carson Park, Escondido, CA. The declaration process for the regional meet will be explained at the Association Meet or posted as a supplemental document or listed in the Regional Meet Information Flyer. All athletes/coaches will need to declare their intention to compete by registering on line at www.coacho.com by the established timeline. The USATF National Junior Olympic Cross Country Meet will be held on December 10, 2011 in Myrtle Beach, South Carolina. The regional and national entry fee is \$15.00 and \$20.00 respectfully.

EVENT RESULTS: During competition, event results will be posted. In addition, event results will be posted on the youth page at www.sdusatf.org.

THE COURSE: The course is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills.

COURSE WALK THROUGH: A walk through will be held on the day of the meet at 7:00AM.

STARTING TIME: The first race will begin at 8:15AM beginning with the Sub-Bantam Girls Division followed by the Sub-Bantam Boys and other divisions.



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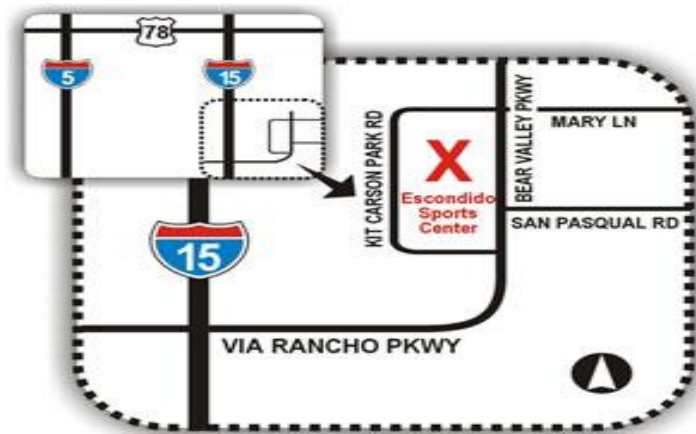


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VENDOR BOOTH: Vending opportunities are available by contacting youth@sdusatf.org. All vendors must be approved by the Youth Chair.

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

DIRECTIONS To Kit Carson Park:



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; Follow directions above from this point on

For Questions Contact: Mike Mena, Meet Director
Meet Director
Phone: 760.294.7982
E-mail: sandiegoroadrunners@gmail.com

Michael Adkins, Youth Chair, youth@sdusatf.org , 619 871-6836