



2011 USATF Region 15 Junior Olympic Cross Country Championships

Sunday, November 20, 2011

Kit Carson Park
3333 Bear Valley Parkway, Escondido, CA 92025

Hosted by the San Diego Imperial Association

Age Divisions & Distances

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]

* Athletes in this division are all welcomed to compete. Per USATF Rule, Article VI, Section I, Rule 300.1(c), "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or National Junior Olympic Championships."

Eligibility & Requirements

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. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships. When entering your team into the on line registration database (Coach O) you **must** declare which athletes are on your scoring team A, B, C, etc. The composition of the team at each round can change if you submit a change form at registration at least 2 hours prior to the race.

Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional if their Association meet date is in conflict with their school competition. Conflict means both meets are held within 48 hours of the other. A Team may also be advanced provided that all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate. This roster must have been submitted by the Registration Deadline of the Association meet and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional coordinator.(Rule 305-3-f).



2011

USATF Region 15 Junior Olympic Cross Country Championships



Page 2 of 4

ENTRY PROCESS: Only athletes who are registered and current members in good standing with USATF may compete. Athletes must have competed at their respective Association Championships or have an approved waiver obtained by their Youth Chair to enter the meet.

ON-LINE REGISTRATION: Entry shall be completed on line. An athlete or USATF club coach must declare intent to compete at the regional championships by the close of the on line registration period. A forty-eight (48) hour period will begin on **November 14, 2011** and close on **November 16, 2011 at 8:00PM**. Coaches must register via www.coacho.com. Select the Region 15 Cross Country Meet to complete the registration process. Failure to declare intent to compete before the close of the registration period will result in disqualification from the 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. The youth chairs of the respective associations will collect forms at their Association Championships and provide to meet management on November 20, 2011.

ENTRY FEE: \$15.00 per athlete. The fee must be paid via the on-line registration process.

ADVANCEMENT: The top 20 individuals and all members (up to 8) of the top 3 teams in each division will advance to the USATF National Junior Olympic Cross Country Meet to be held on December 10, 2011 at Whispering Pines Golf Course in Myrtle Beach, South Carolina. In addition, any team may advance if it has five (5) or more individuals placing in the top twenty (20) in the Regional meet. The national entry fee is \$20.00.

NATIONAL CHAMPIONSHIPS INFORMATION: Complete information may be obtained by viewing this link: <http://www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships/index.asp>.

THE COURSE & DAY OF THE COMPETITION INFORMATION

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. Maps will be available during the walk through and on the day of the meet. It is also anticipated maps will be made available on the youth page of the USATF San Diego Imperial Association's website: www.sdusatf.org.

COURSE WALK THROUGH: A walk through will be held on Saturday, November 19, 2011 at 3:30PM. A walk through will also be held on Sunday, November 20, 2011 at 7:00AM.

STARTING TIME: The first race will begin at 8:15AM beginning with the Sub-Bantam Girls Division.

PACKET PICK-UP: Team and Individual packets may be picked up on the day of the meet beginning at 7:00AM.



2011

USATF Region 15 Junior Olympic Cross Country Championships



Page 3 of 4

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition chest-high on the front of their jerseys. Bib numbers will be distributed during packet pick-up.

TEAM SCORING: 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

AWARDS: USATF Regional Junior Olympic medals will be awarded to the top 20 finishers in each age division. Team awards will be given to the top 3 teams in each division.

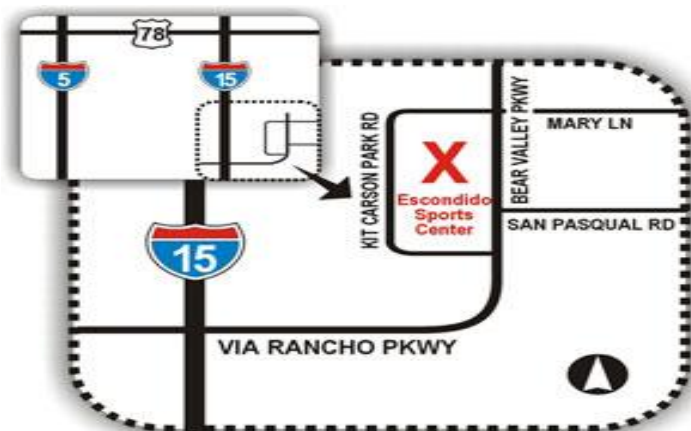
EVENT RESULTS: During competition, event results will be posted. In addition, event results will be posted on the youth page at www.sdusatf.org.

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

EVENT MERCHANDISE: Commemorative clothing (Tee Shirts, Sweat Shirts, Polo Shirts, etc.) will be available for purchase.

CONCESSION: A concession stand will be operated by a 2011 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.



2011 USATF Region 15 Junior Olympic Cross Country Championships

Page 4 of 4

HOTEL INFORMATION:

Rooms have been blocked at the headquarters hotel. Rooms are reserved for Saturday, November 19, 2011. Guest should reserve room(s) based upon their individual need. Guest should specify room type and bed request when making their reservation. Guest must provide their personal contact and credit card information to reserve at the group rate. Rooms will be held under the assigned Group Name and released on date specified. Guest should inquire with hotel/motel regarding cancellation policy. Guest should inquire regarding amenities. USATF San Diego Imperial makes no assurances rooms will be available at the time of team/individual booking.



17240 Bernardo Center Drive, San Diego, CA 92128 / Phone: 1.800.445.8667 or 858.676.1660

Group rate: Double/Double **\$99.00**; Standard King **\$89.00** Plus Applicable Tax

Group rate held to **November 14, 2011** under JOXC

Distance & Time to Kit Carson Park: 5.13 miles [8 minutes]

Group Rate includes: hot team breakfast. Our team breakfast consists of scrambled eggs, potatoes, bacon, toast, whole fruit, fresh orange juice, and coffee. Complimentary Parking, Refrigerator, Microwave, Wireless and Wired Internet.

For Questions Contact:

Mike Mena, Meet Director

Phone: 760.294.7982

E-mail: sandiegoroadrunners@gmail.com

Michael Adkins, Youth Chair, youth@sdusatf.org, 619.871.6836

Mo Haneef, Regional Coordinator, trackcoach@gmail.com, 949.395.4094