



2012 USATF San Diego Imperial Association Junior Olympic Cross Country Championships



Sunday, November 11, 2012

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

Age Divisions & Distances



Individuals: Only United States of America (U.S.A.) citizens, aliens living in the USA, and foreign exchange students are eligible to compete in these Championships.

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

See USATF rules for more information of exceptions. A competitor must compete in his/her age division only. All athletes must be registered 2012 members of USATF in good standing.

Teams: Only registered 2012 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 located at 1511 Morena Boulevard, San Diego, CA 92110, (619) 275-6542. The office is closed on 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's license or USA 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 birth certificate in advance of the entry deadline.



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ON-LINE REGISTRATION: Entry shall be completed on line and must be received by **11:59PM on Friday, November 9, 2012**. 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. Bring the waiver to the meet.

ENTRY FEE: \$10.00 per athlete. Entry fee must be paid prior to athlete participation. 2012 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 Regional's, all fees must be paid (Association \$10.00 and Regional \$15.00) total of \$25.00. 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 finishers in each 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 18, 2012 at Mt. San Antonio College, Walnut, 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 8, 2012 at the International Balloon Fiesta Park in Albuquerque, New Mexico. 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 Kit Carson Park course is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills.



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COURSE WALK THROUGH: A walk through will be held on the day of the meet at 6:45AM.

STARTING TIME: The first race will begin at 8:00AM beginning with the Sub-Bantam Girls Division followed by the Sub-Bantam Boys and other divisions.

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.

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

Michael Adkins
Youth Chair
Phone: 619.871.6836
Email: youth@sdusatf.org