



2013 USATF San Diego Imperial Association Junior Olympic Cross Country Championships



Sunday, November 17, 2013

**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. See USATF rules for more information of exceptions. A competitor must compete in his/her age division only. All athletes must

Divisions	Birth Year	Distance
8 & Under	2005+	2000m [1.2 miles]
9 -10 yrs. old	2003 – 2004	3000m [1.8 miles]
11 -12 yrs. old	2001 – 2002	3000m [1.8 miles]
13 -14 yrs. old	1999 – 2000	4000m [2.4 miles]
15-16 yrs. old	1997 – 1998	5000m [3.1 miles]
17 -18 yrs. old	1995 – 1996	5000m [3.1 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."

be registered 2013 members of USATF in good standing. An athlete who will not reach their 7th birthday by December 31, 2013 may compete, but will not be eligible for advancement to the regional meet.

Teams: Only registered 2013 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. Teams consist of no less than 5 runners and no more than 8 runners.

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 closes at 2:00PM and 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 15, 2013**. To enter the meet go to www.coacho.com. Select the USATF San Diego Imperial Cross Country Meet. **An athlete must have a USATF card and their birthdate must be verified prior to registering on line. The Association's Office staff can assist with age verification once an acceptable proof of birth is presented.**

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. Bring the waiver to the meet.

ENTRY FEE: \$10.00 per athlete. Entry fee must be paid prior to athlete participation. 2013 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) 855-8848. NO LATER than 8:00 PM **November 13th** if you wish to be considered for a waiver to the Regional's, **all fees must be paid (Association \$10.00 and Regional \$15.00) total of \$25.00 by Friday November 15th**. 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 10 finishers in each age division. Runners finishing 11th – 15th will receive ribbons.

ADVANCEMENT: The top **30** individuals and top 5 teams will advance to the USATF Region 15 Junior Olympics Championships to be held on November 24, 2013 at Kit Carson Park in Escondido, CA. The declaration process for the regional meet will be explained at the Association Meet 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 14, 2013 at the National Shooting Complex in San Antonio, Texas. 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. **(Spikes are not recommended)**



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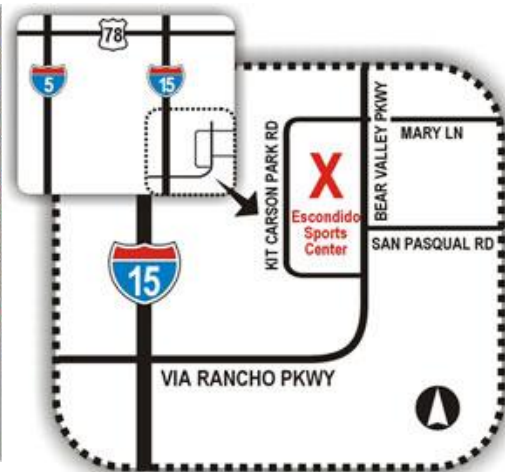
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COURSE WALK THROUGH: A walk through will be held on the day of the meet at 6:45AM.

STARTING TIME: The first race will begin at 8:00AM beginning with the Girls 8 & under Division followed by the Boys 8 & under 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 Coordinator
Phone: (760) 855-8848
E-mail: sdrrxc@gmail.com

Michael Adkins
Youth Chair
Phone: (619) 871-6836
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