



# 2013 USATF Region 15 Junior Olympic Cross Country Championships



Hosted by USATF San Diego Imperial Association

**Sunday, November 24, 2013**

**Kit Carson Park**

3333 Bear Valley Parkway, Escondido, CA 92025



## Age Divisions & Distances

Divisions	Birth Year	Distance
8 & Under	2006+	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 miles]
17 -18 yrs. old	1995 – 1996	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."

**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 be registered 2013 members of USATF in good standing.

**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. A team shall 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. Athletes/teams must have competed or have received an event waiver at their respective Association Junior Olympics Championships Meet in order to compete in these championships.

**ON-LINE REGISTRATION:** Entry shall be completed on line and must be received by 11:59PM on Thursday, November 21, 2013. To enter the meet go to [www.coachoregistration.com](http://www.coachoregistration.com). Select the USATF Region 15 Cross Country Championships Meet on the calendar of events.



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**PARTICIPANT WAIVER & RELEASE FORM:** A completed form is required by all competitors prior to competing. The form should be completed on line as part of the registration process,

**ENTRY FEE:** \$15.00 per athlete. Entry fee must be paid prior to athlete participation. The entry fee must be paid on line and is subject to a transaction fee charged by the online provider. The San Diego Imperial Association does not receive any part of the transaction fee. Fee(s) paid are non-refundable or transferrable.

**AWARDS:** USATF Regional Junior Olympic medals and ribbons will be awarded to the top finishers in each age division. Medals will be awarded to finishers in the 1<sup>st</sup> through 20<sup>th</sup> positions. Ribbons will be awarded to finishers who place 21<sup>st</sup> through 30<sup>th</sup>.

**ADVANCEMENT:** The top 30 individuals and top 5 teams will advance to the USATF National Junior Olympic Cross Country Meet held on December 14, 2013 at the National Shooting Complex in San Antonio, Texas. The national entry fee is \$20.00. Athletes/teams must declare their intention to compete at the national meet before the end of the declaration period. For more information about the national meet the link to the event website is: <http://www.usatf.org/Events---Calendar/2013/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx>.

**EVENT RESULTS:** During competition, event results will be posted. In addition, event results will be posted on the youth page at [www.sdusatf.org](http://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.

**COURSE WALK THROUGH:** A walk through will be held on Saturday, November 23, 2013 at 3:45PM and Sunday, November 24, 2013 at 7:00AM.

**STARTING TIME:** The first race will begin at 8:30AM beginning with the 8 & Under Girl's Division followed by the 8 and Under Boy's Division and then followed by each older age group divisions.

**PACKET PICK-UP:** Team and Individual packets may be picked up on the day of the meet beginning at 7:00AM. The packet will consist of USATF bib number(s) for each athlete, safety pins and any pertinent meet information.

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

**VENDOR BOOTH:** Vending opportunities are available by contacting [youth@sdusatf.org](mailto:youth@sdusatf.org). All vendors must be approved by the Youth Chair prior to operating at the event.



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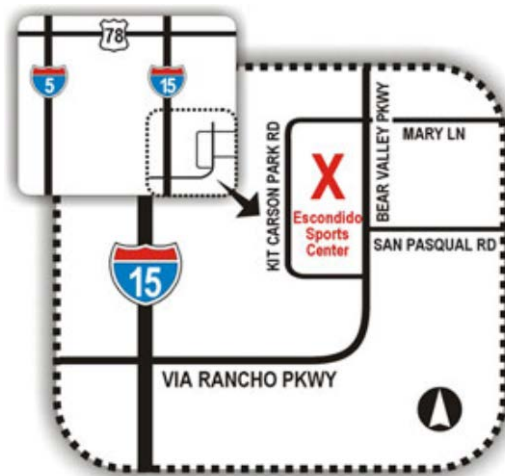


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**EVENT MERCHANDISE:** Commemorative clothing (Tee Shirts, Sweat Shirts, Polo Shirts, etc.) will be available for purchase.

### 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: 760.855.8848  
E-mail: [sdrrxc@gmail.com](mailto:sdrrxc@gmail.com)

Michael Adkins  
Youth Chair  
Phone: 619.871.6836  
Email: [youth@sdusatf.org](mailto:youth@sdusatf.org)

Mo Haneef  
Region 15 Coordinator  
Phone: 949.395.4094  
Email: [trackcoach4@gmail.com](mailto:trackcoach4@gmail.com)



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## LODGING INFORMATION

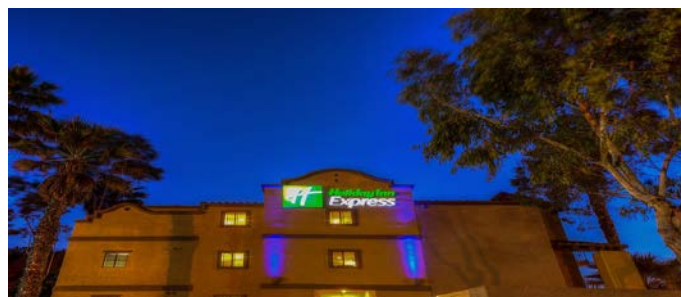
Hotel information is provided for informational purposes. Rooms have not been reserved. For assistance with motels/hotels in the City of Escondido, please contact the meet director.



17240 Bernardo Center Drive, San Diego, CA 92128 / Phone: 858.676.1660  
Distance & Time to Kit Carson Park: 4.88 miles [7 minutes]



11611 Bernardo Plaza Court - San Diego, California 92128 / Phone: 858.613.2000  
Distance & Time to Kit Carson Park: 5.05 miles [8 minutes]



17065 W. Bernardo Drive, San Diego, California 92127 / Phone 858.485.6530  
Distance & Time to Kit Carson Park: 4.95 miles [7 minutes]