



2014 USATF Region 15 Junior Olympic Cross Country Championships

- SANCTION BY:** USA TRACK & FIELD
HOSTED BY: Southern California Association
- DATE/ TIME:** Sunday, November 23th, 2014 at 9:00 a.m. Course walk starts at 8:00 a.m.
- LOCATION:** ARCADIA COUNTY PARK
405 S Santa Anita Ave Arcadia, CA 91006
(There are no parking or spectator fees.)
- MEET DIRECTOR:** Rod Crowell (626) 862-4337
Email: rodcrowell@topspeedrunning.com
- REGIONAL COORDINATOR:** Lance Miller (702) 561-7370
(call after 1pm)
- DIVISION & DISTANCES:**
- | | | |
|---|---------------------|-------------------|
| Age is determined as of 12/31/2014. Athletes must turn 7 but not 19 in 2014. | | |
| 7-8 (Sub-Bantam) | (Born 2006 or 2007) | 2000m (1.2 miles) |
| 9-10 (Bantam) | (Born 2004 or 2005) | 3000m (1.8 miles) |
| 11-12 (Midget) | (Born 2002 or 2003) | 3000m (1.8 miles) |
| 13-14 (Youth) | (Born 2000 or 2001) | 4000m (2.4 miles) |
| 15-16 (Intermediates) | (Born 1998 or 1999) | 5000m (3.1 miles) |
| 17-18 (Young Men/Women) | (Born 1996 or 1997) | 5000m (3.1 miles) |
- PREREQUISITE:** Athletes must qualify from their association championship meet. Region 15 consists of the following associations: Southern California, San Diego, Nevada, and Hawaii. **Entries must be completed by Thursday, November 20th, 2014 11:59pm PST. This is a firm deadline.** Athletes not registered by this time will not be in the meet.
- ADVANCEMENT:** This is the final qualifying meet for the **National Junior Olympics in Myrtle Beach, South Carolina to be held on December 13, 2014.** The top 30 individuals and the top 5 teams per division will advance.
- REGISTRATION:** To compete in this meet you must do the following:
1) **Register and pay (\$15) for the meet online at CoachO between Tuesday, November 18th and Thursday, November 20th, 2014 11:59pm PST.** <https://coachoregistration.com/dbi-bin/calendar.pl>. Scroll down the page and find the Region 15 Cross Country Junior Olympics Championships on 11/23/14. You must have your membership number and DOB verified to register. Francine Hawkins can be contacted at (626) 367-9257 from

6:00pm to 9:00pm if you need help or have any questions about using CoachO.

- 2) **Print a copy of the 2014 USATF Participant Waiver & Release Form unless you have already turned one at your association meet.** While on CoachO, go to main menu and select option 7 print waiver. Complete the form and have it signed by the parents and be prepared to turn it in on the day of the meet.

TEAMS: Only registered **USATF member clubs** may enter a team. When entering your team into the Coach O database, you must declare which athletes are on your scoring team A, B, C, etc... Clubs must submit changes to their scoring teams no later than 8:30 am on the morning of the meet.

WAIVERS: There are no waivers from the Regional meet.

RACE TIMES: **The first race will start at 9:00 am** and we will be on a rolling schedule starting with the youngest age group girls, then boys followed by the next age group girls, etc. The 15-16 year old girls and above will not run before 11:30 am with the next 3 races to follow each other as they finish. **It is the responsibility of the coaches and parents to pay attention to which race is on the starting line. If your athlete misses their race, they will not be permitted to run with another sex or division.** Athletes may proceed to the starting area a few minutes after the previous race has begun. **NO PARENTS OR COACHES ARE ALLOWED IN THE STARTING AREA AT ANYTIME AFTER THE COURSE WALK!**

COURSE: The Arcadia Park course is flat and mostly on grass with some concrete paths. Course Maps should be available on the SCA website by 11/14/2014.

IMPORTANT INFORMATION: After the Course Walk, Spectators (including Parents and Coaches) are not allowed on the course, in the starting area, or at the finishing area. You cannot pace athletes or spray water on them during the race. **ANY INTERFERENCE WITH THE FINISH LINE JUDGES WILL RESULT IN AN EJECTION FROM THE MEET. THERE WILL BE ZERO TOLERANCE AND NO WARNINGS!** If you have a grievance, please give it in writing to the results/awards table and they will forward it on to the proper meet management personnel.

NATIONAL ENTRIES: Top 30 finishers and the top 5 teams will qualify for the National Junior Olympics. **Register and pay (\$20) for the meet online at CoachO before December 5, 2014 8:59pm PST.** <https://coachoregistration.com/dbi-bin/calendar.pl>.

AWARDS: Medals will be given to at least the top ten finishers in each division. Team Championship awards will be given to the top teams in each division. A team must consist of a minimum (5) runners and maximum (8) runners per team.

SNACK BAR: Assorted food and drinks will be available. T-Shirts and sweatshirts will also be for sale.

HOTELS / MOTELS: The Santa Anita Inn is offering a special for \$75 plus taxes. Mention “Southern California Cross Country”. There are many other options throughout the cities of Arcadia, Monrovia, and Pasadena.

DIRECTIONS: The park is located between the 210 and the 10 freeways on Santa Anita Ave. From the 210 freeway exit onto Santa Anita Ave and go South about a 1/2 mile and the park is on the right, next to the golf course. From the 10 freeway you would exit onto Santa Anita Ave and go North for about 3 miles and the park will be on the left. Enter the parking lot from Santa Anita Ave.

You can help needy children here and in Haiti. Please bring any used running shoes to the results table. There will be a donation box and a representative from Pyramid TC will distribute them to needy kids. Thanks for your consideration.

Last year everyone did a great job cleaning up the area that they were using. It takes all of us to keep the facilities willing to allow us to return year after year. You can deliver your trash to the dumpsters located between the swimming pool and the lawn bowling area. Your cooperation will keep us from having to start charging a clean up fee in the future. Thanks from the SCA Meet Management and Arcadia Park.