

2023 USATF Region 15 Junior Olympic Cross Country Championships

Sunday, November 19, 2023

Morley Field Sports Complex
2221 Morley Field Drive, San Diego, California 92104

Hosted by the San Diego Imperial Association



About the Championships

San Diego Imperial, Southern California, Hawaii and the Nevada Associations of USATF (United States of America Track & Field) comprise Region 15. USATF is the National Governing Body for track and field, long distance running and race walking in the United States. The USATF Region 15 Junior Olympic Cross-Country Championships is a series of events which begins at the Associations level of competition. Associations advance athletes to the region meet to compete for the opportunity to represent their association and region at the USATF National Junior Olympic Cross-Country Championships. The national championships will be held December 9, 2023, in Louisville, Kentucky.

Age Divisions & Distances

Divisions	Birth Year	Distance
8 & Under *	2015+	2000m [1.24 miles]
9 -10	2013 – 2014	3000m [1.86 miles]
11-12	2011 – 2012	3000m [1.86 miles]
13 -14	2009 – 2010	4000m [2.48 miles]
15 -18	2005 – 2008	5000m [3.1 miles]

*Athletes in this division are all welcomed to compete. However, per USATF Rule, Article VI, Section I, Rule 300.1©, "Athletes must be at least seven (7) years of age on December 31st of the current year to compete at the National Junior Olympic Championships." Age determined as of December 31, 2023.

Entry Information: 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 or exceptions. Only athletes who are registered and current members of USATF in good standing may compete in these championships. USATF membership must be completed online at www.usatf.org.

Individuals: Athletes must compete or granted a waiver at the Association level of competition to compete



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Teams: Only registered 2023 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.

Date of Birth Verification: If an athlete has never had their date of birth (DOB) verified by USATF then it must be done prior to registering for these championships. 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 issued identification. Hospital certificates are not acceptable. The age verification document must be uploaded through the member's USATF Connect (membership) account. If you are experiencing trouble uploading documents then please contact the USATF National Office. Be advised document(s) submitted for DOB verification must be received 5 business days (excluding holidays) prior to the registration deadline. If a document is illegible, it will be invalidated and not processed by the national office staff. All submitted valid documents remain a part of a member's online profile and will not require re-submission.

ON-LINE REGISTRATION: Entry shall be completed online and must be received by **12:00PM on Friday, November 17, 2023**. To enter the meet, go to www.athletic.net. Select the USATF Region 15 Junior Olympic Cross Country Championships. There will be no provisions to register after the entry deadline.

PARTICIPANT WAIVER & RELEASE FORM: The mandatory waiver and release form is integrated into the online system.

ENTRY FEE: \$15.00 per athlete. Entry fee must be paid prior to athlete participation. Entry fee must be paid online via the online registration system prior to the close of the entry period. There is processing fee. The Association does not receive any proceeds from this fee. Entry fees are non-refundable or transferrable.

AWARDS: Region medals will be awarded to the top 30 finishers in each age division.

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.

COURSE: Morley Field is the annual venue for the Foot Locker Cross Country National Championships and the CIF San Diego Section High School Cross Country Championships. Athletes will compete on a modified course designed for these championships featuring an undulating terrain of grass, dirt and some sidewalk areas.





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ADVANCEMENT: The top 30 individuals and top 5 teams in each age group will advance to the USATF National Junior Olympic Cross Country Championships will be held on December 8, 2023, in Louisville, KY. For details concerning the meet visit:

<https://www.usatf.org/events/2022/2022-usatf-national-junior-olympic-cross-country-c>

EVENT RESULTS: Results will be posted on athletic.net (the online registration system).

COURSE WALK THROUGH: A walk through will be held on the day of the meet at **7:30AM**.

START TIME: First race starts at 8:30AM with other race times contingent upon conclusion of prior race.



Age Group	Start Time
8 & Under Girls	8:30 AM
8 & Under Boys	8:55 AM
9-10 Girls	9:15 AM
9-10 Boys	9:40 AM
11-12 Girls	10:00 AM
11-12 Boys	10:30 AM
13-14 Girls	11:00 AM
13-14 Boys	11:30 AM
15-18 Girls	12:00 PM
15-18 Boys	12:30 PM



Championships Contacts:

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COURSE MAPS



2Km Course – Starts on grass adjacent to street - Joe Schloss Way. Runners pass the pool towards the tennis courts making a left turn headed near the San Diego Velodrome then circles around the Morley Baseball & Softball Fields headed to edge of the parking lot accessed by Joe Schloss Way and continues to just behind the start line to complete the first of the two-loop course.



3Km Course – Starts on grass adjacent to street – Joe Schloss Way. Runners pass the pool and tennis course headed to the Morley Field Dog Park Loop of the course. Once completing the loop, runners will weave around the Morley Field Baseball and Softball Fields coming near the San Diego Velodrome continuing around the ball fields to the edge of the parking lot accessed by Joe Schloss Way continuing to run behind the start line of the race to complete the first of the two-loop course.



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COURSE MAPS



4Km Course – Starts on grass adjacent to street– Joe Schloss Way. Runners pass the pool and tennis course headed to the Morley Field Dog Park Loop of the course. Once completing the loop, runners will weave around the Morley Field Baseball and Softball Fields coming near the San Diego Velodrome continuing around the ball fields around the parking lot before heading to a short eastern loop continuing around the parking lot accessed by Joe Schloss Way towards behind the race start to conclude the first of the two-loop course.



4Km Course – Starts on grass adjacent to street– Joe Schloss Way. Runners pass the pool and tennis course headed to the Morley Field Dog Park Loop of the course. Once completing the loop, runners will weave around the Morley Field Baseball and Softball Fields coming near the San Diego Velodrome continuing around the ball fields around the outer edge of parking lot headed to the eastern loop just west of the Morley Field Archery Range. Runners will continue in a northeastern direction then loop back south heading around the parking lot towards the race start to conclude the first of the two-loop course.