

2022 USATF San Diego Imperial Association Junior Olympic Cross Country Championships

Sunday, November 13, 2022

**The Duck Pond, Buena Vista Park
1788 Shadowridge Drive, Vista, CA 92081**



Age Divisions & Distances

Divisions	Birth Year	Distance
8 & Under	2014+	2000m [1.24 miles]
9 -10	2013– 2012	3000m [1.86 miles]
11-12	2011 – 2010	3000m [1.86 miles]
13-14	2009 – 2008	4000m [2.48 miles]
15-16	2007 – 2006	5000m [3.1 miles]
17-18	2005 – 2004	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 31st of the current year to compete at the Youth Athletics or National Junior Olympic Championships." Age determined as of December 31, 2022.



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 2022 members of USATF in good standing.

Teams: Only registered 2022 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 online at www.usatf.org. In addition addition, proof of birth must be verified prior to starting the on-line registration process. Per USATF rules, proof rules, proof of birth is limited to a copy of a birth certificate, passport, certified baptismal



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record, driver's license or USA Government identification. Hospital certificates are not acceptable. Age verification must be completed online through USATF. Please complete the process at least 3-4 days prior to the entry deadline to avoid entry issues.

ON-LINE REGISTRATION: Entry shall be completed online and must be received by **11:59PM on Friday, November 11, 2022**. To enter the meet, go to www.athletic.net. Select the USATF San Diego Imperial Cross Country Meet.

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

ENTRY FEE: \$10.00 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.

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.

AWARDS: USATF Association Junior Olympic medals will be awarded to the top 15 finishers in each age division.

ADVANCEMENT: The top 30 individuals and top 5 teams in each age group will advance to the Region 15 Junior Olympic Championships to be hosted by USATF Nevada Association at Craig Ranch Park in North Las Vegas, Nevada. Please refer to the following link for specific meet registration and information: <https://www.athletic.net/CrossCountry/meet/218863/info>.

The USATF National Junior Olympic Cross-Country Championships will be held on December 10, 2022, in College Station, Texas. For details concerning the meet visit: <https://www.usatf.org/events/2022/2022-usatf-national-junior-olympic-cross-country-c>. Only athletes who will be 7 years of age as of December 31, 2022, may compete at these championships.

EVENT RESULTS: Results will be posted on athletic.net and In addition, event results will be posted on the youth page at www.sandiego.usatf.org.

COURSE WALK THROUGH: A walk through will be held on the day of the meet at **7:45AM**.

STARTING TIME: The first race will begin at **8:30AM** beginning with the 8 and Under Girls followed by the 8 & Under Boys and proceed through the other age divisions.

For Questions Contact:

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