



2016 USATF REGION 15 Junior Olympic Cross Country Championships



Hosted by
USATF San Diego Imperial Association

Sunday, November 20, 2016

Kit Carson Park
3333 Bear Valley Parkway, Escondido, CA 92025



Age Divisions & Distances

Divisions	Birth Year	Distance
8 & under	2008+	2000km [1.2 miles]
9 -10	2006 – 2007	3000km [1.8 miles]
11-12	2004 – 2005	3000km [1.8 miles]
13 - 14	2002 – 2003	4000km [2.4 miles]
15 -18	1998 - 2001	5000km [3 miles]

Athletes in the 8 & Under division are all welcomed to compete. However, per USATF 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." Athletes who do not meet this rule will not be advanced to the Regional or National Junior Olympic Championships Meets. Athletes who

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 USA Track & Field (USATF) Rule Book # 300.1(g) & (h) for more information and exceptions. A competitor must compete in his/her age division only. All athletes must be registered 2016 members of USATF in good standing.

Teams: Only registered 2016 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. This Championship meet is part of a series of qualifying meets leading USATF National Cross Country Meet. Athletes must have competed at their Association Championships or received a waiver to compete in the Region 15 Meet.



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ON-LINE REGISTRATION: All entries must be completed online. On line registration will open on **Tuesday, November 15, 2016 at 8:00AM**. Entry must be received by **12:00PM on Friday, November 18, 2016**. To enter the meet go to www.athletic.net or paste/copy the following link in your internet browser:

<http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=129118#/Register>

PARTICIPANT WAIVER & RELEASE FORM: A completed form is required by all competitors prior to competing. The waiver is integrated in the online entry system and can be completed electronically.

ENTRY FEE: \$15.00 per athlete. Entry fee must be paid online in the form of a credit/debit card. A service fee charged by Athletic.Net will be incurred. The San Diego Imperial Association does not receive any proceeds from the service fee.

AWARDS: USATF Regional Junior Olympic medals will be awarded to the top 30 finishers in each age division.

ADVANCEMENT: The top **30** individuals and top **5** teams will advance to the USATF National Junior Olympics Championships to be held on December 10, 2016 in Hoover, Alabama. All athletes/coaches must declare their intention to compete by registering on line at www.athletic.net by the established timeline. The link to the national meet is: <http://www.usatf.org/Events---Calendar/2016/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

EVENT RESULTS: During competition, event results will be posted. Following the meet, 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.

COURSE WALK THROUGH: A walk through will be held on Saturday, November 19, 2016 at 3:00PM. A second 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 8 & Under Girls Division followed by the 8 & Under Boys with other divisions to follow.

EVENT MERCHANDISE: Event merchandise will be available for purchase on the day of the meet.

VENDOR OPPORTUNITY: Only approved vendors will be allowed to operate on the day of the meet. Persons interested in providing a service must contact the meet director for approval.

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



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HOTEL ACCOMODATIONS: Rooms have not been blocked as past experience in hosting these championships have not reflected a demand for overnight accommodations. For those needing an overnight stay, hotels near the event site are:

Hilton Garden Inn San Diego/Rancho Bernardo, 17240 Bernardo Center Drive, San Diego, CA 92128, 858.676.1660 (located 5.6 miles or 12 minutes from Kit Carson Park)

Holiday Inn Express San Diego/Rancho Bernardo, 17065 W. Bernardo Drive, San Diego, CA 92127, 858.485.6530 (located 5 miles or 10 minutes from Kit Carson Park)

For Questions Contact: Mike Mena
Meet Director
Phone: 760.917.9004
E-mail: sdrrxc@gmail.com

Michael Adkins
Youth Chair
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Email: youth@sandiego.usatf.org



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