

2019

Region 15 Junior Olympic Cross Country Championships

Hosted by

USATF San Diego Imperial Association

Sunday, November 24, 2019

Kit Carson Park

3333 Bear Valley Parkway, Escondido, CA 92025



JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Age Divisions & Distances

Eligibility

Divisions	Birth Year	Distance
8 & under	2011+	2000km [1.24 miles]
9 -10	2009 – 2010	3000km [1.86 miles]
11-12	2007 – 2008	3000km [1.86 miles]
13 -14	2005 – 2006	4000km [2.48 miles]
15 -18	2003 – 2004	5000km [3.1 miles]
17-18	2001 – 2002	5000km [3.1 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."

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) for more information and exceptions. A competitor must compete in his/her age division only. All athletes must be registered 2019 members of USATF in good standing.

Teams: Only registered 2019 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.

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Entry Process/ On Line Registration:

Only athletes who are registered and current members in good standing with USATF may compete. The Region Championships is part of a series of qualifying meets leading to the USATF National Junior Olympic Cross Country Championships. Athletes must qualify at their Association Championships and the Region 15 Championships in order to compete in the National Championships. The National Championships will be held December 14, 2019 at the Yahara Hills Golf Course in Madison, WI.

All entries **must** be completed online. To enter the meet go to www.athletic.net and search for the Region 15 Meet. Registration is expected to open on Tuesday, November 19, 2019. Registration will close **48** hours (Thursday, November 19, 2019) from the time registration opens.

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.

Competition Bid & Packet Pick-Up:

All competitors must wear their assigned competition bid number on their singlet or jersey. Bids and pins will be placed in team packets and available for pick-up from 6:30AM to 7:30AM on the day of the meet. Athletes or Coaches arriving after these times should report to the designated registration area for pick-up.

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.

Start 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, girls then boys to follow.

The Course & Course Walk Through:

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 Maps are available on line. Visit the youth page on the Association's website. A walk through will be held on **Saturday, November 23, 2019 at 3:30PM** and **Sunday, November 24, 2019 6:45AM**. Please assemble by the swings.

Awards:

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

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Event Results:

During competition, event results will be published. Following the meet, results will be posted on San Diego Imperial Association's youth cross country page at www.sandiego.usatf.org.

Team Scoring:

8 athletes may be declared on the Team Entry Declaration Form as scoring athletes. The top 5 finishers amongst the declared runners will score. In Age groups 15-16 and 17-18 will be combined for team scoring purposes only with the top 5 team advancing to the national 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.

Hotel Accommodations:

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
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Jeanette Mena
Registration/Competition Coordinator
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Youth Chair
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USATF San Diego-Imperial Association
November 24, 2019
USATF Region 15 Junior Olympic Championships
2K Race
Kit Carson Park, Escondido



2K LEGEND

-  Creek (usually dry)
-  Kilometer Marker
-  Parking
-  Pedestrian Bridge
-  Restroom
-  Route - to 1K
-  Route - 1K to Finish

NOT TO SCALE

2K ROUTE DESCRIPTION:

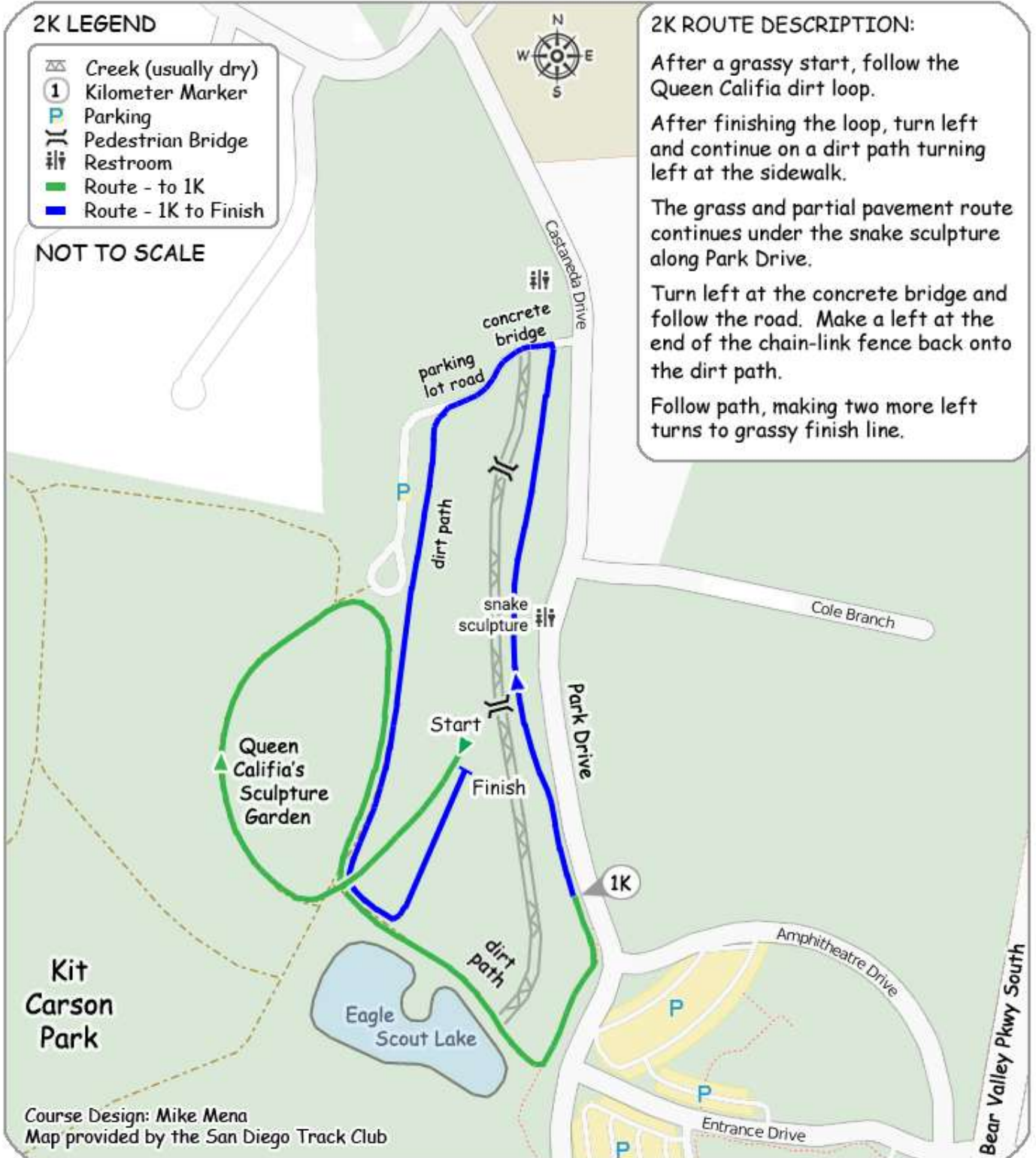
After a grassy start, follow the Queen Califia dirt loop.

After finishing the loop, turn left and continue on a dirt path turning left at the sidewalk.

The grass and partial pavement route continues under the snake sculpture along Park Drive.

Turn left at the concrete bridge and follow the road. Make a left at the end of the chain-link fence back onto the dirt path.

Follow path, making two more left turns to grassy finish line.



Course Design: Mike Mena
 Map provided by the San Diego Track Club

USATF San Diego-Imperial Association
November 24, 2019
USATF Region 15 Junior Olympic Championships
3K Race
Kit Carson Park, Escondido



3K LEGEND

-  Creek (usually dry)
-  Kilometer Marker
-  Parking
-  Pedestrian Bridge
-  Restroom
-  Route - to 1K
-  Route - 1K to 2K
-  Route - 2K to Finish

NOT TO SCALE

3K ROUTE DESCRIPTION:

After a grassy start, follow the Queen Califia dirt loop.

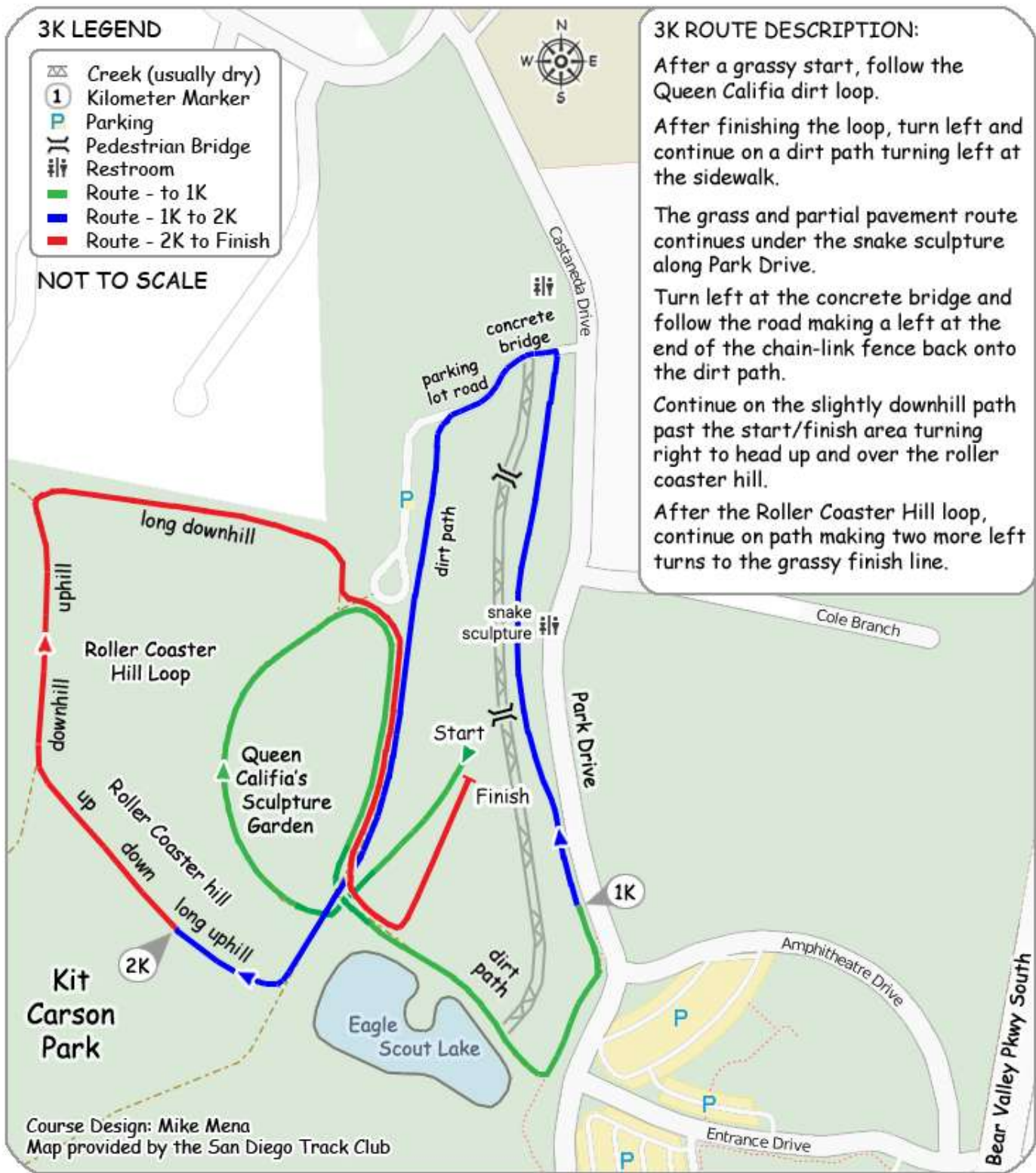
After finishing the loop, turn left and continue on a dirt path turning left at the sidewalk.

The grass and partial pavement route continues under the snake sculpture along Park Drive.

Turn left at the concrete bridge and follow the road making a left at the end of the chain-link fence back onto the dirt path.

Continue on the slightly downhill path past the start/finish area turning right to head up and over the roller coaster hill.

After the Roller Coaster Hill loop, continue on path making two more left turns to the grassy finish line.



Course Design: Mike Mena
 Map provided by the San Diego Track Club

USATF San Diego-Imperial Association
November 24, 2019
USATF Region 15 Junior Olympic Championships
4K Race
Kit Carson Park, Escondido



4K LEGEND

- Creek (usually dry)
- Kilometer Marker
- Parking
- Pedestrian Bridge
- Restroom
- Route - to 1K
- Route - 1K to 2K
- Route - 2K to 3K
- Route - 3K to finish

NOT TO SCALE

4K ROUTE DESCRIPTION:

After a grassy start, follow the Queen Califia dirt loop.

After finishing the loop, turn left and continue on a dirt path turning left at the sidewalk.

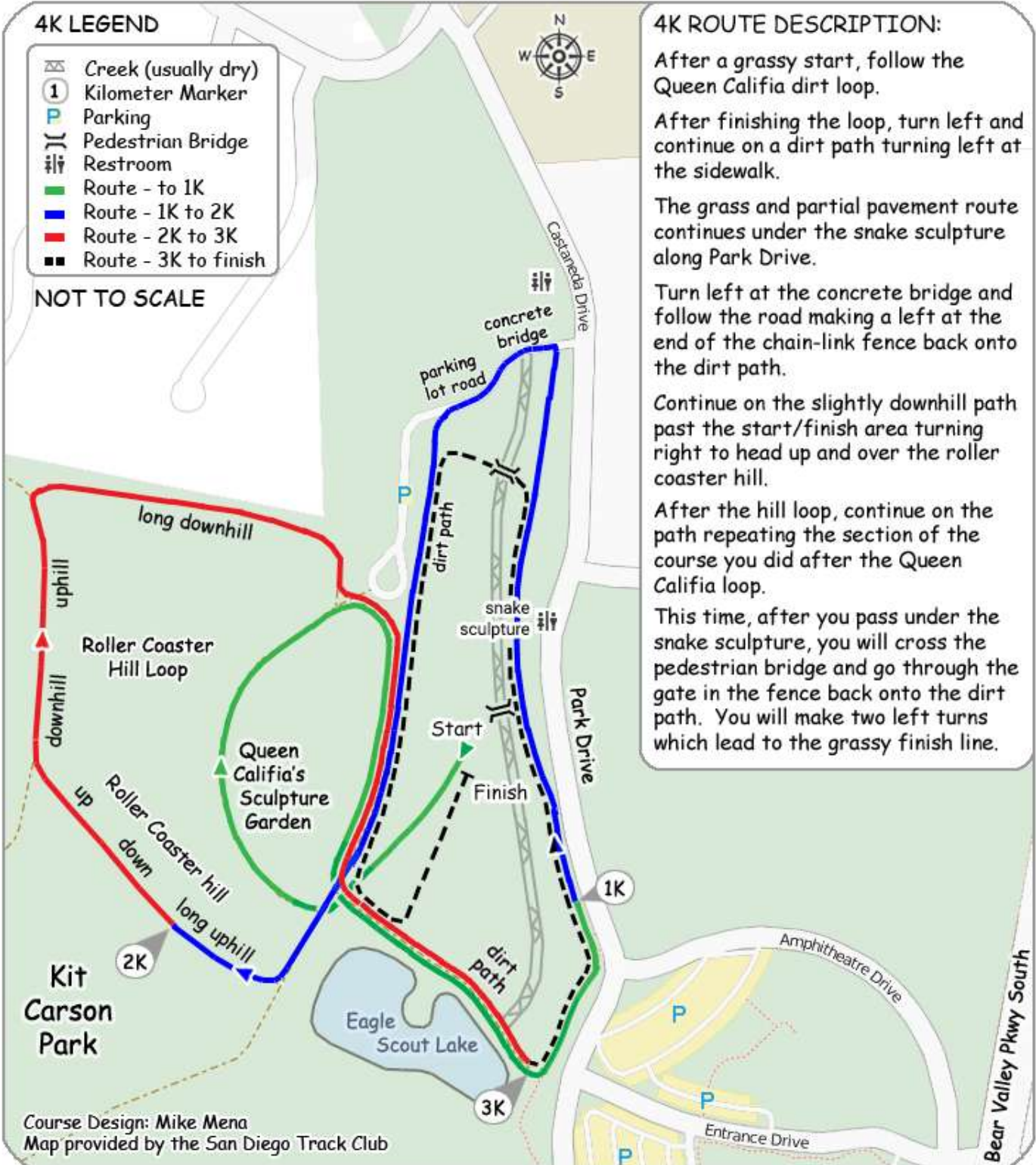
The grass and partial pavement route continues under the snake sculpture along Park Drive.

Turn left at the concrete bridge and follow the road making a left at the end of the chain-link fence back onto the dirt path.

Continue on the slightly downhill path past the start/finish area turning right to head up and over the roller coaster hill.

After the hill loop, continue on the path repeating the section of the course you did after the Queen Califia loop.

This time, after you pass under the snake sculpture, you will cross the pedestrian bridge and go through the gate in the fence back onto the dirt path. You will make two left turns which lead to the grassy finish line.



Course Design: Mike Mena
 Map provided by the San Diego Track Club

USATF San Diego-Imperial Association
November 24, 2019
USATF Region 15 Junior Olympic Championships
5K Race
Kit Carson Park, Escondido



5K LEGEND

-  Creek (usually dry)
-  Mile Marker
-  Parking
-  Pedestrian Bridge
-  Restroom
-  Route - Start to 1 Mile
-  Route - 1 Mi to 2 Mi
-  Route - 2 Mi to End

NOT TO SCALE

5K ROUTE DESCRIPTION:

After a grassy start, turn left and run east along Eagle Scout Lake on dirt path.

Turn left before reaching the street and follow the red and white course markings north. The course **DOES NOT** go onto the road.

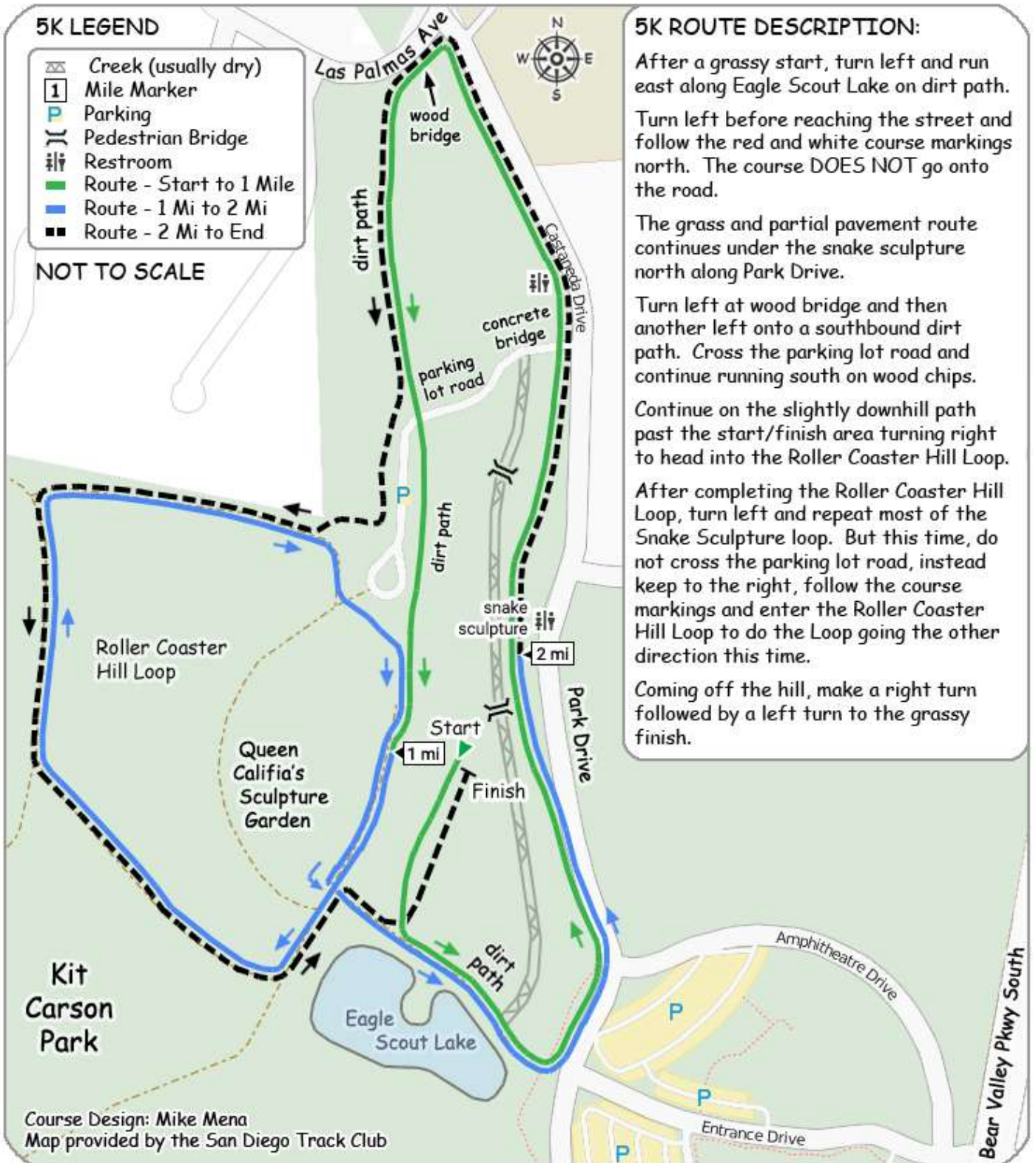
The grass and partial pavement route continues under the snake sculpture north along Park Drive.

Turn left at wood bridge and then another left onto a southbound dirt path. Cross the parking lot road and continue running south on wood chips.

Continue on the slightly downhill path past the start/finish area turning right to head into the Roller Coaster Hill Loop.

After completing the Roller Coaster Hill Loop, turn left and repeat most of the Snake Sculpture loop. But this time, do not cross the parking lot road, instead keep to the right, follow the course markings and enter the Roller Coaster Hill Loop to do the Loop going the other direction this time.

Coming off the hill, make a right turn followed by a left turn to the grassy finish.



Course Design: Mike Mena
 Map provided by the San Diego Track Club