



# 2016 USATF San Diego Imperial Association Junior Olympic Cross Country Championships



**Sunday, November 13, 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 USATF rule 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. USATF membership can be completed on line at [www.usatf.org](http://www.usatf.org) or by completing an application form at the USATF San Diego Imperial Association Office (San Diego All Sports) located at 3511 Camino Del Rio South, Suite 405, San Diego, CA 92108, (619) 275-1292. The office is open Monday – Friday from 10AM to 2PM and closed on weekends. An athlete's date of birth must be verified prior to starting the on-line registration process. Proof of birth for age verification purposes may be faxed to 619.546.5271 or emailed [sdi\\_trackandfield@sbcglobal.net](mailto:sdi_trackandfield@sbcglobal.net).



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Please allow sufficient time to process age verification in advance of the entry deadline. 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 identification. Hospital certificates are not acceptable.

**ON-LINE REGISTRATION:** Entry shall be completed on line and must be received by **11:59PM on Friday, November 11, 2016**. To enter the meet go to [www.athletic.net](http://www.athletic.net) or paste/copy the following link in your internet browser:

<http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=129064#/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:** \$10.00 per athlete. Entry fee must be paid prior to athlete participation. Provided the online registration system allows for alternative payment of fees, 2016 Registered USATF San Diego Imperial Association teams may pay by cash, team check or money order. Unattached athletes must pay by cash or money order. No **personal checks** will be accepted from teams or unattached athletes. A club check returned for insufficient funds may result in removal of all athletes from the regional meet. Entry fees are non-refundable or transferrable.

**EVENT WAIVER:** You **MUST** contact the meet director 760.917.9004. NO LATER than **November 11th** if you wish to be waived to the Regional's, all fees must be paid (Association \$10.00 and Regional \$15.00) total of \$25.00. An athlete **MUST** run at the regional meet to advance to the NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS. NO EXCEPTIONS

Typically, high school aged athletes request a waiver as they are still competing for their high school, but wish to compete at the regional or national meets. Waived athletes must enter the meet via the on line process and comply with all requirements for participation.

**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 will advance to the USATF Region 15 Junior Olympics Championships to be held on November 20, 2016 at Kit Carson Park, Escondido, CA. The meet will be hosted by the San Diego Imperial Association. The declaration process for the regional meet will be explained in the Regional Meet Flyer. All athletes/coaches will need to declare their intention to compete by registering on line at [www.athletic.net](http://www.athletic.net) by the established timeline.

The USATF National Junior Olympic Cross Country Meet will be held in Hoover, Alabama on December 10, 2016. The regional and national entry fee is \$15.00 and \$20.00 respectfully.



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**EVENT RESULTS:** During competition, event results will be posted. Following the meet, results will be posted on the youth page at [www.sdusatf.org](http://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 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.

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

**For Questions Contact:** Mike Mena  
Meet Director  
Phone: 760.917.9004  
E-mail: [sdrrxc@gmail.com](mailto:sdrrxc@gmail.com)

Michael Adkins  
Youth Chair  
Phone: 619.871.6836  
Email: [youth@sandiego.usatf.org](mailto:youth@sandiego.usatf.org)