



USATF PACIFIC ASSOCIATION ELEMENTARY AND MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 21, 2010
Willow Hills Cross Country Course
Folsom High School
Folsom, California

Welcome to the inaugural Pacific Association Elementary and Middle School Cross Country Championships. Hopefully all information regarding the meet will be contained in this packet. These races are being held in conjunction with the USATF Pacific Association Junior Olympic Cross Country Championships. For information about the Junior Olympic meet, please see the information packet for that meet, found on the Pacific Association web site at www.pausatf.org/data/2010/youth/yxcschedresults10.html. Should you have a question that is not covered, please contact Meet Director, David Bayliss at (650) 492 -1754 / (925) 997-2844, or davidbayliss@yahoo.com.

This year marks the first time that the Pacific Association will host an Elementary and Middle School Championship—two non-scoring races for elementary and middle school athletes who are not ready to participate in the Junior Olympic qualifying races, but still love to run and want to be a part of the excitement on November 21 when youth runners from throughout the Pacific Association challenge themselves to run their fastest on the Willow Hills Cross Country Course.

It is our hope that by providing two exciting sets of races that more youth athletes will become aware of the opportunities offered by USATF and ultimately decide to participate in the many youth track & field and cross country programs offered by clubs throughout the region. For those interested in finding out more information about the Pacific Association and its youth offerings, including how to form a new USATF club, join an existing USATF, or compete in USATF races as an unattached athlete please see visit www.pausatf.org/indexyouth.html.

REGISTRATION

Registration is via Coach O, www.coachoregistration.com/calendar/meet/calendar.html. Please select the appropriate race—the Pacific Association School XC Championship. Athletes desiring to compete in the Elementary or Middle School races do not have to be USATF members. **Athletes may not compete in both a Junior Olympic race and a School race.**

ENTRY DEADLINE IS 11:59:59 PM, THURSDAY, NOVEMBER 18, 2010

*****THERE IS NO MAIL-IN REGISTRATION*****

*****THERE IS NO MEET DAY REGISTRATION*****

*****THERE IS NO LATE REGISTRATION*****

Entry fees are \$5.00 per athlete and must be paid online through the Coach O web site.

SCHEDULE

7:30	Packet Pickup
8:45	Presentation of PAUSATF Top 5 Season Point Winners
9:00	Course Walks
10:00	Elementary School 2K Championship (non-scoring run)
10:25	Middle School 1.5M Championship (non-scoring run)
11:00	PAUSATF Jr. Olympic Bantam Girls 3K race
11:25	PAUSATF Jr. Olympic Bantam Boys 3K race
11:50	PAUSATF Jr. Olympic Midget Girls 3K race
12:10	PAUSATF Jr. Olympic Midget Boys 3K race
12:30	PAUSATF Jr. Olympic Youth Girls 4K race
12:55	PAUSATF Jr. Olympic Youth Boys 4K race
1:20	PAUSATF Jr. Olympic Intermediate Girls & Boys and Young Women & Men 5K <i>(Note: The four Intermediate and Young races will be combined unless there are more than 25 entrants per age/gender division or the Meet Director determines otherwise. Qualifying and scoring will be by each age group.)</i>

COURSE DESCRIPTION

The Willow Hills Cross Country Course, adjacent to Folsom High School, is a dedicated trail area that is one of the premier cross country venues in Northern California. All routes circle the reservoir and include mixed grass, dirt, gravel, woodchip trails as well as a small amount of asphalt. There are several slight elevation changes and hills on the back portion of the course that will add excitement and challenges to the races. Spikes are permitted.

TIMING/RESULTS

All races will utilize chip timing as well as finish line cameras to ensure accuracy of placing and time. Hard copy results from each race will be posted approximately 30 minutes after the conclusion of each race and will also be posted to www.redcaptiming.com approximately 1 hour after of the conclusion of each race.

VENDORS

Several vendors will be onsite to provide food, beverage, t-shirts, meet photography and running-related items to athletes and spectators. Vendors include:



Wildcat Coffee will be onsite providing hot beverages, smoothies and a variety of muffins, pastries and other snacks



VS Athletics will be onsite with tons of great deals on running apparel, training aids and footwear for as low as \$20!



Gentle Arc Photography will be onsite capturing athletes before, during and after their races. Photos will be on sale after the meet at www.gentelarc.com.



Custom Meet t-shirts (including short sleeve and long sleeve performance fabric shirts), sweatshirts, and other commemorative meet apparel will be available for purchase from AGA Sports.

DIRECTIONS & PARKING

The Willow Hills Cross Country Course is located at Folsom High School in Folsom, California. The address is 1655 Iron Point Road, Folsom, CA 95630. Free parking is available in the school lots.

From the Bay Area

Take Highway 80 to Sacramento. Arriving in West Sacramento, follow all freeway interchange signs directing you to Highway 50 East (towards Tahoe/ Lake Tahoe). Once on eastbound 50, continue on to the City of Folsom. Take the Prairie City Road off ramp. At the light go left and cross over the freeway. Take a right at Iron Point Road, the second stoplight. Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary.

From North or South of Sacramento

Take either Highway 99 or 5 to Sacramento then follow the freeway interchange signs to Highway 50 East (towards Tahoe/ Lake Tahoe). Once on eastbound 50, continue on to the City of Folsom. Take the Prairie City Road off-ramp. At the light go left and cross over the freeway. Take a right at Iron Point Road, the second stoplight. Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary.

From the Reno area

Take 80 towards Sacramento. After passing the town of Loomis take the Sierra College off-ramp. At the stoplight, take a left and cross over the freeway. Stay on this road for approximately 15 miles. The name will change from Sierra College to Hazel Ave. After crossing the American River, you will see freeway signs for Highway 50. Take Highway 50 East towards Tahoe/El Dorado Hills. Once on the Highway 50, take the Prairie City Road off-ramp. At the light go left and cross over the freeway. Take a right at Iron Point Road, the second stoplight. Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary.

LODGING

There are many motels and hotels in the Folsom and Sacramento areas.

ELEMENTARY/MIDDLE SCHOOL RACE INFORMATION

Competition in the Pacific Association Elementary and Middle School Cross Country Championships is limited to current youth athletes in grades 1-5 for the Elementary School race and grades 6-8 for the Middle School race.

USATF MEMBERSHIP

No USATF membership is required for either the Elementary or Middle School races.

VALIDATED BIRTH DATES

No proof of birth date is required for either the Elementary or Middle School races. Please be honest!

PARTICIPANT WAIVER & RELEASE

Each athlete must also bring a completed copy of the *2010 Pacific Association Elementary and Middle School Cross Country Championship Participant Waiver & Release Form* to the meet on November 21. The form must be signed by the athlete's parent/guardian. A copy of the waiver is attached at the end of this information packet.

AGE GROUPS/RACE DISTANCES

The following age groups and distances will be contested:

<u>Age Division</u>	<u>Grades</u>	<u>Distance</u>
Elementary	1-5	2000m
Middle	6-8	1.5 miles

TEAMS/SCORING

There is no team competition or scoring.

AWARDS

The top ten (10) finishers in each age group will receive medals.

QUESTIONS

If you have any entry questions you may contact the Meet Director, David Bayliss, at (650) 492-1754, (925) 997-2844 or davidbayliss@yahoo.com. Alternatively you may contact the Youth Vice Chair, Maria Castillo, at (707) 648-3423 or pa.youth_vicechair@yahoo.com.

**2010 Pacific Association
Elementary and Middle School Cross Country Championship
Participant Waiver & Release Form**

Last Name _____ **First Name** _____

I voluntarily agree to participate in the 2010 Pacific Association Elementary and Middle School Cross Country Championship and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the 2010 Pacific Association Elementary and Middle School Cross Country Championship, from any cause whatsoever, including the fault or negligence of Releasees (as defined below). I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the Pacific Association of USATF, the Local Organizing Committee, the Facility and Championship Sponsors, their respective officers, directors, employees, agents and volunteers (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the 2010 Pacific Association Elementary and Middle School Cross Country Championship. In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

By entering this competition, I grant the Pacific Association of USATF. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Signature – **ATHLETE**

Date

Signature - **PARENT / GUARDIAN** (Must be signed if athlete is under 18 years of age.)

Date