



## USATF REGION 14 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 28, 2010  
Willow Hills Cross Country Course  
Folsom High School  
Folsom, California

Welcome to the 2010 USATF Region 14 Junior Olympic Cross Country Championships. This is the qualifying meet for the USATF National Junior Olympic Cross Country Championships on Saturday, December 11, 2010 in Hoover, Alabama. Hopefully all information regarding the meet will be contained in this packet. 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](mailto:davidbayliss@yahoo.com).

### REGISTRATION

Registration is via Coach O, [www.coachoregistration.com/calendar/meet/calendar.html](http://www.coachoregistration.com/calendar/meet/calendar.html). Please select the USATF Region 14 Cross Country Championships. Entry into the Region 14 meet is restricted to those athletes who previously qualified in either the Pacific Association Junior Olympic Cross Country Championship on November 21, 2010 or the Central Association Junior Olympic Cross Country Championship on November 20, 2010, or received a waiver to compete in the Region 14 meet from the Regional Coordinator. To compete in the Junior Olympic races, athletes must be USATF members and have validated birth dates in the USATF database.

**ENTRY DEADLINE IS 11:59:59 PM, WEDNESDAY, NOVEMBER 24, 2010**

**\*\*\*THERE IS NO MAIL IN REGISTRATION\*\*\***

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

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

Entry fees are \$15.00 per athlete and must be paid online through the Coach O web site.

## SCHEDULE

8:00	Packet Pickup (packets will be available all morning)
9:00	Course Walks
10:00	Bantam Girls 3K race
10:25	Bantam Boys 3K race
11:00	Midget Girls 3K race
11:25	Midget Boys 3K race
11:50	Youth Girls 4K race
12:15	Youth Boys 4K race
12:40	Intermediate Girls & Boys and Young Women & Men 5K

*(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.)*

## 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](http://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!



[WWW.GENTLEARC.COM](http://WWW.GENTLEARC.COM)

Gentle Arc Photography will be onsite capturing athletes before, during and after their races. Photos will be on sale after the meet at [www.gentlearc.com](http://www.gentlearc.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.

## **AGE GROUPS/RACE DISTANCES/ADVANCEMENT**

### AGE GROUPS/RACE DISTANCES

USATF Junior Olympic competitions typically take place in two-year age divisions, determined only by the year in which the athlete was born. The age of the athlete or the school grade in which the athlete is enrolled has no bearing. Athletes must compete in their own age group. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for competition year 2010 are as follows:

<u>Age Division</u>	<u>Year of Birth</u>	<u>Distance</u>
Bantam	2000 +	3000m
Midget	1998 - 1999	3000m
Youth	1996 - 1997	4000m
Intermediate	1994 - 1995	5000m
Young	1992 - 1993	5000m

### TEAMS

It takes a minimum of five runners from the same club to make a team; however, there may be a maximum of eight runners on a team. All members of the team must be of the same sex, in the same age group and all must be registered members of the same club. Coaches must make sure that all of their team athletes are in the Coach O online registration system prior to the Association meets as this will effectively be the new “declaration roster.” Again, it is recommended that you make sure every member of your club in that age group is in the Coach O system in case you need/desire to change the makeup of your teams.

All members of the same club listed on the team declaration roster at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of Qualifications up to and including the National Championships as long as the team qualifies. In order to declare a team, a club must enter a minimum of 5 and a maximum of 8 athletes by the entry deadline. The composition of the team at each round can change if a team coach submits a change form at the registration at packet pickup at least 2 hours prior to the race and any athlete changed must be listed on the declaration roster.

In order for a team to compete at the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, November 28, 2010 the team must have competed and qualified at the either the Pacific Association Junior Olympic Cross Country Championship on November 21, 2010 or the Central Association Junior Olympic Cross Country Championship on November 20, 2010, or received a waiver to compete in the Region 14 meet from the Regional Coordinator.

## SCORING

The first five runners of a team will count towards the team score. The remaining runners, up to the eighth runner, will displace runners from other teams in the scoring. No more than eight runners shall count towards scoring. Team scoring shall be determined in accordance with USATF Rule 7 – Team Scoring:

### *6. Scoring by place:*

*(a) The team score shall be the total of the finishing positions of the scoring members. The team with the lowest total points is the team winner.*

*(b) Runners of incomplete teams, team entries not declared eligible for team scoring, and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners.*

*(d) In the event of a tie between two or more individual runners, each shall score the number of points determined by dividing the total of the finish places by the number of runners who have tied.*

### *9. Whether scoring by time or place:*

*(a) If a team fails to finish with a complete scoring team, the team members finishing shall be counted as individuals in the race results and shall be eligible to receive individual awards.*

*(b) Ties between two or more teams shall be resolved by determining which team's last scoring member finished nearest to first place. If the tie still exists, the next to last scoring members are compared in the same way, etc.*

## ADVANCEMENT

The first twenty (20) individual finishers and first three (3) teams in each age group will qualify to run in the USATF National Junior Olympic Cross Country Championships on Saturday, December 11, 2010 at Veterans Park in Hoover, AL. Runners on a qualifying team who finish in the first twenty (20) do not change the top twenty (20) finishers. Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the National meet.

Meet registration for all qualifiers will also be done online using the Coach O registration system. Cost of registration for the National meet is \$20.00 per athlete.

**COACHES AND PARENTS/GUARDIANS OF UNATTACHED ATHLETES WILL NEED TO GO TO THE COACH O WEB SITE TO CONFIRM AND PAY FOR ENTRY INTO THE NATIONAL MEET BY 11:59:59 PM EASTERN TIME MONDAY, NOVEMBER 29, 2010**

## HIGH SCHOOL AND COLLEGE ATHLETES

The only individuals/teams that may compete in the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, November 28, 2010 without competing in either the Pacific Association or Central Association Junior Olympic Cross Country Championships must have obtained a waiver from the Regional Coordinator consistent with the following USATF rule.

Rule 305.3(f) from the 2010 USATF Rules book:

*"Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional if their Association meet date is in conflict with their school competition. Conflict means both meets are held within 48 hours of the other. A Team may also be advanced provided that all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate. This*

*Roster must have been submitted by the Registration Deadline of the Association meet and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional coordinator."*

Therefore any athlete who competes in HIGH SCHOOL league championships, sub-section championships or section championships; or COLLEGE conference championships, region championships, state championships or national championships within forty-eight (48) hours of the November 21, Pacific Association Junior Olympic Cross Country Championship is eligible to request a waiver through to the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, November 28, 2010.

To apply for a waiver of advancement to the Region 14 meet e-mail a waiver request to David Lawrence, Region 14 Coordinator, [DLaw222@aol.com](mailto:DLaw222@aol.com) and David Bayliss, Pacific Association Youth Cross Country Chair, [davidbayliss@yahoo.com](mailto:davidbayliss@yahoo.com), stating the athlete's name, age group, USATF membership number, club or unattached, name of high school or college, date and name of the league, sub-section, section, conference, region, state or national championship meet that entitles the athlete a waiver. The decision to grant all individual waivers will be made by the Region 14 Coordinator.

Teams may also qualify for a waiver through to the Region 14 meet as long as some or all of the team members meet the requirement of USATF Rule 305.3(f) as stated above. Therefore, a team may also be advanced provided that all alternates listed on the declaration roster were also in conflict with the school competition; thereby causing the team to not have a minimum of 5 athletes to participate. The declaration roster must have been submitted by the registration deadline of the Association meet (November 18, 2010) and no additional names may be added to the roster after that date. The decision to grant all team waivers will be made by the Region14 Coordinator.

#### AWARDS

The top ten (20) finishers in each age group will receive medals. The first place team in each age group will receive a plaque.

#### 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](mailto:davidbayliss@yahoo.com). Alternatively you may contact the Youth Vice Chair, Maria Castillo, at (707) 648-3423 or [pa.youth\\_vicechair@yahoo.com](mailto:pa.youth_vicechair@yahoo.com).