

Update on High School & College Athlete Waivers for  
Pacific Association Junior Olympic Cross Country Championships  
November 21, 2010

It is the intent of the Pacific Association to not create any impediments for high school or college athletes still participating in their CIF or collegiate cross country championship meets while still allowing them an opportunity to compete in the USATF Junior Olympic cross country program. Therefore, any high school athlete who is still competing in the CIF state cross country championship series (league, sub-section, section or state meet) or college athlete who is still competing in a state or national collegiate championship series is eligible for a waiver through the Pacific Association Junior Olympic Cross Country Championships on November 21, 2010 and may be granted entry into the Region 14 Junior Olympic Cross Country Championships on 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.

**REQUESTS FOR WAIVERS MUST BE RECEIVED BY 11:59:59 PM ON  
THURSDAY, NOVEMBER 18, 2010. THERE WILL BE NO EXCEPTIONS.**

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) or as updated above. Therefore, a team may also be advanced provided that all alternates listed on the team's roster, as submitted through the Coach O registration system, were also in conflict with the school competition; thereby causing the team to not have a minimum of 5 athletes to participate. To apply for a team 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 all the athletes' names, age groups, USATF membership numbers, club, name of high schools or colleges, date and name of the league, sub-section, section, conference, region, state or national championship meets that entitles the athlete a waiver. **The club's 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.** Again, the roster is submitted via the Coach O registration system, there is no separate declaration roster. The decision to grant all team waivers will be made by the Region14 Coordinator.

This matter will be revisited annually until a formal adjustment is made by USATF to the rules to allow for California's unique high school and collegiate championship series.

David Lawrence  
Region 14 Coordinator