



USATF PACIFIC ASSOCIATION
JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS
&
ELEMENTARY AND MIDDLE SCHOOL
CROSS COUNTRY CHAMPIONSHIPS

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

Welcome to the 2010 USATF Pacific Association Junior Olympic Cross Country Championships and inaugural Pacific Association Elementary and Middle School Cross Country Championships. The Junior Olympic meet is the qualifier for the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, November 28, 2010 in Folsom, California, which in turn 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. The first section contains general information relevant to all participants. The second section, information specific to the Junior Olympic meet and third section provides information on the elementary and middle school races. 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 also 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 decided 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.coachregistration.com/calendar/meet/calendar.html. Please select the appropriate race—either the Pacific Association Junior Olympic Cross Country Championships for the USATF meet or Pacific Association School XC Championship for the elementary/middle school meet. To compete in the Junior Olympic races, athletes must be USATF members and have validated birth dates in the USATF database. 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 \$10.00 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 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.

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.

JUNIOR OLYMPIC RACE INFORMATION

Competition in the Junior Olympic races is limited to current USATF youth athletes with validated birth dates. Additional information for the Junior Olympic races is listed below.

USATF MEMBERSHIP

Each runner competing in the Junior Olympics must be a current member of USATF with a validated birth date. To join USATF, go to <http://www.usatf.org/membership>. The membership application takes less than 3 minutes to complete online or you may print the application and mail it in, though it is recommended to complete the process online to immediately receive your membership number. You will need a Visa credit/debit card. You must be a registered USATF member and in the database before you may enter the Junior Olympic races.

****DO NOT WAIT UNTIL THE LAST DAY TO OBTAIN AN USATF MEMBERSHIP****

VALIDATED BIRTH DATES

Each runner competing in this Junior Olympic Cross Country Championships must also have a verified birth certificate registered with the Pacific Association/USATF. Athletes who competed in 2010 Junior Olympics for Track & Field or the 2009 Junior Olympics for Cross County *may* already have a verified birth certificate registered with USATF. To check if an athlete has a validated birth date, go to www.pausatf.org/data/members.php?age=youth. Search for the athlete and look at the age listed. If the age is **bold** and underlined then the date of birth has been verified, otherwise it has not. If you can not locate the athlete, then he or she is not currently a USATF member or has recently obtained a USATF membership and the PAUSATF member database has not been updated to reflect the new membership. Again, DO NOT WAIT UNTIL THE LAST DAY TO OBTAIN AN USATF MEMBERSHIP.

To have an athlete's birth date verified email a copy of the athlete's birth certificate with the athlete's USATF number to Heike Mansoor at the Pacific Association office, heikemansoor@aol.com. Heike will verify the birth date and update the database. If you are unable to email a copy of the birth certificate, you may fax a copy to (916) 983-4624. After verification all birth certificates will be shredded.

****BIRTH CERTIFICATES SHOULD BE SENT TO HEIKE BY NOVEMBER, 15****

PARTICIPANT WAIVER & RELEASE

Each athlete must also bring a completed copy of the *2010 USATF Junior Olympic Cross Country Program 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

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 Pacific Association club. Coaches must make sure that all of their team athletes are in the Coach O system 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 compete and qualify at the Pacific Association Junior Olympic Cross Country Championship on November 21, 2010.

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.

(cont.)

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-five (25) individual finishers and first three (3) teams in each age group will qualify to run in the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, November 28, 2010 at the Willow Hills Cross Country Course in Folsom, CA. Runners on a qualifying team who finish in the first twenty-five (25) do not change the top twenty-five (25) finishers. Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the Region 14 meet.

Meet registration for all qualifiers will also be done online using the Coach O registration system.

COACHES AND PARENTS/GUARDIANS OF UNATTACHED ATHLETES WILL NEED TO GO TO THE COACHO WEB SITE TO CONFIRM AND PAY FOR ENTRY INTO THE REGION 14 MEET BY 11:59:59 PM THURSDAY, NOVEMBER 25, 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 the Pacific Association Junior Olympic Cross Country Championship on November 21, 2010 must obtain a waiver based upon meeting the following criteria.

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 and David Bayliss, Pacific Association Youth Cross Country Chair, 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 (10) finishers in each age group will receive medals. The first place team in each age group will receive a plaque.

REGION 14 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIP INFORMATION

The meet information packet can be found on the Pacific Association web site at www.pausatf.org/data/2010/youth/yxcschedresults10.html.

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.

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