

PACIFIC ASSOCIATION  
USATF JUNIOR OLYMPIC CROSS COUNTRY  
CHAMPIONSHIPS

**Sunday, November 16, 2008**  
**Willow Hills in Folsom, California**

*Packet-Pickup – 7:30 to 9:00 Course Walk 9:00*  
*First Race (Bantam Girls) 10:00*

The meet will be hosted by some of the clubs that hosted other meets this season.  
Bob Shor will be the meet director. If you have any questions please contact him.

[AShorSR@aol.com](mailto:AShorSR@aol.com) or (707) 539-6787

NEW SYSTEM FOR ENTRY. PLEASE READ.

**ENTRY MUST BE MAILED (US MAIL) BY**  
**MONDAY, NOVEMBER 10<sup>TH</sup>**

**REGISTRATION**

*Entry Fee: \$6.00 per Athlete – Check payable to ‘SRX’*

You must use the ‘2008 USATF Junior Olympic Cross Country Program Individual Entry & Advancement Form’. These forms can be found by clicking at the bottom of this information packet. Near the top of the form, on the line ‘USATF Club Number’ please write ‘38’ and indicate your club number (if you are not a club member write ‘unattached’). On the line below it, ‘USATF Association’, write ‘Pacific’ and to the right, on the same line ‘USATF Region #’, write ‘14’. Please fill in the upper portion of the form at the right, the ‘Age Division’ box. Check only one box in Section 1. Do not write anything in Section 2 or Section 3. Parents and athletes, please sign the lines near the bottom.

You may mail a copy of the birth certificate with this entry form or see the ‘Proof of Date of Birth Required’ below.

Mail these forms, with a check (\$6 per athlete), no later than Monday, November 10<sup>th</sup> to:

Maria Castillo  
221 Waterview Terrace  
Vallejo, CA 94591

If you have any entry questions you may contact Maria at (707) 648-3423 or at [pa.youth\\_officialchair@yahoo.com](mailto:pa.youth_officialchair@yahoo.com) or Bob Shor at (707) 539-6787 or at [AShorSR@aol.com](mailto:AShorSR@aol.com).

### **PROOF OF DATE OF BIRTH REQUIRED**

Every athlete competing in this Pacific Association/Junior Olympic Cross Country Championships must have a verified birth certificate registered with our Youth Membership Chairman.

Some of you who have competed in our Pacific Association in track & field or cross country and may already have a verified birth certificate registered with our Youth Membership Chairman. If so, check on the website at [www.leaguelineup.com/welcome.asp?url=judgetony](http://www.leaguelineup.com/welcome.asp?url=judgetony) to make sure that your name is listed.

For all new athletes and other athletes who are not on the birth certificate website: Club member, your club must mail a copy of your birth certificate to our Youth Membership Chairman. Unattached athletes, you must mail a copy of your birth certificate to our Youth Membership Chairman. PLEASE BE AWARE THAT A HOSPITAL BIRTH RECORD IS NOT A BIRTH CERTIFICATE. Your copy of the birth certificate will be kept on file with the Youth Membership Chairman. The copy of the birth certificate(s) must be mailed by Wednesday, November 5<sup>th</sup>. Be sure to indicate the club name or indicate 'unattached'.

Mail to: Tony Williams, Sr.  
PA Youth Membership Chairman  
P. O. Box 1673  
Patterson, CA 95363

Questions? (510) 206-5403 or [pa.youth\\_membership\\_chair@yahoo.com](mailto:pa.youth_membership_chair@yahoo.com)

## **ORDER OF EVENTS**

Races will go from the youngest age group to the oldest age group; girls, then boys. Shortly after the last runner in a race crosses the finish line the next race will start. When we get to the Intermediate and Young age groups, if there are less than twenty-six (26) runner and less than four (4) teams, some or all of these older age group races will be combined. Qualifying and scoring will be by each age group.

## **COURSE DISCRIPTION**

There are some hills on grass, dirt, gravel and woodchip trails. There could be some muddy areas, depending on the rain. No spikes.

## **USATF MEMBERSHIP**

Each runner must be a current member of USATF. If you do not have a current USATF card you may purchase a membership card on the Pacific Association website ([www.pausatf.org](http://www.pausatf.org)). Click 'Member'; click 'Join Now'; click 'New/Renewal Individual Online Registration' and complete the form. The cost is \$20 for Youth Athletes and you will need a Visa credit card. You must have a membership number when you turn in your entry.

## **AGE GROUPS/RACE DISTANCES**

Please be aware that age groups are 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.

Bantam Girls/Bantam Boys (Born 1998 or later)	3000 meters
Midget Girls/Midget Boys (Born 1996 or 1997)	3000 meters
Youth Girls/Youth Boys (Born 1994 or 1995)	4000 meters
Intermediate Girls/Intermediate Boys (Born 1992 or 1993)	5000 meters
Young Women/Young Men (Born 1990 or 1991)	5000 meters

## **TEAMS**

It takes a minimum of five runners to make a team, however, there may be a maximum of eight runners to enter 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. There is a '2008 USATF Junior Olympic Cross Country Program Team Entry/Advancement and Declaration Roster' that must be filled out and turned in before the race starts. I suggest that you list every member of your club in that age group on that form. On the 'Association' line, check off the runners who will compete in this meet. If you add or change runners for the next meet those names must be on the form that you

turn in at this meet. You may click on this form near the bottom of this information packet.

IN ORDER FOR A TEAM TO COMPETE AT THE REGION 14/JUNIOR OLYMPICS ON NOVEMBER 30<sup>TH</sup> THE TEAM MUST COMPETE AND QUALIFY AT THE PACIFIC ASSOCIATION/JUNIOR OLYMPICS ON NOVEMBER 16<sup>TH</sup>.

## **ADVANCEMENT**

The first twenty-five (25) finishers and first three (3) teams in each age group will qualify to run in the Region 14/Junior Olympics. Runners on a qualifying team who finish in the first twenty-five (25) do not change the top twenty-five (25) finishers. The Region 14/Junior Olympics will take place in Folsom, at this same location, on Sunday, November 30, 2008. The information for that meet will appear shortly on this PA website.

## **HIGH SCHOOL AND COLLEGE ATHLETES**

THE ONLY INDIVIDUALS/TEAMS WHO MAY COMPETE IN REGION 14/JUNIOR OLYMPICS WITHOUT RUNNING AT THE PACIFIC ASSOCIATION/JUNIOR OLYMPICS ARE AS FOLLOWS:

1) If you compete in COLLEGE conference championships, region championships, state championships or national championships or HIGH SCHOOL league championships, sub-section championships or section championships within forty-eight hours before or forty-eight hours after the November 16<sup>th</sup> PA/JOs you will not be required to run in the PA/JOs on November 16<sup>th</sup>. If you have met the requirements in the above sentence you will be allowed to run in the Region 14/JOs on November 30<sup>th</sup> BUT YOUR ENTRY FORM MUST BE TURNED IN EITHER AT THE PA/JOs WITH \$7 (CASH ONLY) OR BY MAIL (WITH MONEY ORDER OR CERTIFIED CHECK PAYABLE TO 'REGION 14/JOs') SO THAT IT ARRIVES AT THE FOLLOWING ADDRESS NO LATER THAN FRIDAY, NOVEMBER 14, 2008. MAIL TO: PA/JO, 1730 ST. FRANCIS ROAD, SANTA ROSA, CA 95409. IN ADDITION, YOU MUST APPLY FOR A WAIVER FOR THE ADVANCEMENT. E-mail a waiver request to [DLaw222@aol.com](mailto:DLaw222@aol.com) and [AShorSR@aol.com](mailto:AShorSR@aol.com) stating the athletes name, age group, club or unattached, name of high school or college, date and name of the league, sub-section, section, league, or conference meet that will entitle you to be granted a waiver by the Region 14 Coordinator.

2) Teams may qualify without a full team in the PA/JOs as long as some or all of the team members meet the college/high school rules stated immediately below.

College and high school athletes – Please read the USATF Rule 305.3(f) below:

USATF Rule 305.3(f) – “Athletes who compete in their state high school or collegiate championships 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 and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional Coordinator.”

### **AWARDS**

Junior Olympic Medals will be awarded to more than the first 10 runners in each age group. There will be a plaque presented to the winning team in each age group.

### **AFTER YOU QUALIFY TO RUN IN THE REGION 14 CHAMPIONSHIPS ON NOVEMBER 30<sup>th</sup> YOU MUST REGISTER ON NOVEMBER 16<sup>th</sup>, BEFORE YOU LEAVE WILLOW HILLS**

The entry fee to the Region 14 Championships is \$7 per runner. That money, cash only, must be turned in before you leave Willow Hills on November 16th. You will not have to fill out any more forms, as the entry sheet that you turned in for the PA/JO will be forwarded for you. For your own peace of mind make sure that the information on the form, including the PA/JO results, is correct.

### **REGION 14/JUNIOR OLYMPIC INFORMATION**

Information for the Region 14/Junior Olympics will shortly appear on our Pacific Association website.

### **PARKING**

Parking is in the Folsom High School area.

### **HOTELS/MOTELS**

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

### **DIRECTIONS TO THE MEET**

**&**

**ENTRY FORM AND TEAM DECLARATION FORM  
are included on the following pages.**

## **Directions to the Willow Hills Cross Country Course:**

**Street Address: Folsom High School, 1655 Iron Point Road, Folsom, CA 95630**

Call George Paddeck at (916) 960-6384 if you get lost.

**Please bring your Easy-Ups and chairs (and fishing poles for the kids!)**

### **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 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



# 2008 USATF Junior Olympic Cross Country Program Individual Entry & Advancement Form



Please type or print legibly

Last Name \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_ Email \_\_\_\_\_

Full USATF Club Name \_\_\_\_\_

USATF Club Number \_\_\_\_\_ / \_\_\_\_\_

USATF Association \_\_\_\_\_ USATF Region # \_\_\_\_\_

USATF Membership Number \_\_\_\_\_  
*(Required)*

**AGE DIVISION**

Sex:  Male  Female

Bantam (Born 1998 and later)

Midget (Born 1996-1997)

Youth (Born 1994 -1995)

Intermediate (Born 1992-1993)

Young M/W (Born 1990-1991)

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
**BIRTH DATE VERIFIED\*\***

Section 1

**Association Championships**  
(Check appropriate age division to enter the Association Championship)

Bantam (3 km)                       Youth (4 km)

Midget (3 km)                       Intermediate (5 km)

    Young Men/Women (5 km)

Section 2

**Regional Championships**  
(Indicate place/time from Association Championships)

	Time	Place		Time	Place
<input type="checkbox"/> Bantam (3 km)	_____	_____	<input type="checkbox"/> Youth (4 km)	_____	_____
<input type="checkbox"/> Midget (3 km)	_____	_____	<input type="checkbox"/> Intermediate (5 km)	_____	_____
			<input type="checkbox"/> Young Men/Women (5 km)	_____	_____

Section 3

**National Championships** Mechanicsville, VA. December 13<sup>th</sup>, 2008    Entry Fee: \$8.00 per athlete  
(Indicate place/time from Regional Championships)

	Time	Place		Time	Place
<input type="checkbox"/> Bantam (3 km)	_____	_____	<input type="checkbox"/> Youth (4 km)	_____	_____
<input type="checkbox"/> Midget (3 km)	_____	_____	<input type="checkbox"/> Intermediate (5 km)	_____	_____
			<input type="checkbox"/> Young Men/Women (5 km)	_____	_____

Athlete's Release: I voluntarily agree to participate in the 2008 USA Track & Field Junior Olympic Cross Country Championships 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 2008 USA Track & Field Junior Olympic Cross Country Championships, 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 local USATF Association, 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 2008 USA Track & Field Junior Olympic Cross Country Championships. 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 USA Track & Field, Inc. 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** \_\_\_\_\_                      Signature - **PARENT/GUARDIAN** (Must be signed if athlete is under 18 years of age.) \_\_\_\_\_

ADA request: I am requesting an accommodation for a disability as follows: \_\_\_\_\_  
(Visit [www.usatf.org/about/legal/policies/ADA.asp](http://www.usatf.org/about/legal/policies/ADA.asp) for forms and procedures)  
\*Please note: All requests for accommodations must be received six weeks prior to the date of competition.

List allergies and current medications: \_\_\_\_\_

**THIS ENTRY FORM MUST BE RETURNED TO THE REGISTRATION AREA BEFORE LEAVING THIS MEET.**  
\*\*Proof of Age: Verification Stamp (based on Birth Certificate, Certified Baptismal Record, Passport, Driver's License, or U.S. government identification)



# 2008 USATF Junior Olympic Cross Country Program Team Entry/Advancement and Declaration Roster



USATF Club Name \_\_\_\_\_

USATF Club # \_\_\_\_\_ / \_\_\_\_\_ USATF Region # \_\_\_\_\_

USATF Association \_\_\_\_\_

Coach's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_ Phone (Evening) \_\_\_\_\_

E-mail \_\_\_\_\_

**AGE DIVISION**

Sex:  Male  Female

Bantam (1998 and later)  Youth (1994-1995)

Midget (1996-1997)  Intermediate (1992-1993)

Young M/W (1990-1991)

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**Directions:**

- 1) Complete and submit one (1) form per age/sex division.
- 2) Attach all individual entry forms with proof of birth verification to this roster for all qualified team members.
- 3) List in alphabetical order all athletes on your club that will represent any of your teams (A, B, C, etc.) in the age division checked above. Starting with the Association Level, place "A" next to names on "A" Team, place "B" next to names on "B" team, etc. for your teams. You must have at least 5 and no more than 8 athletes on a team.

Pursuant to USATF Rule 305.3 (c): "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." REMINDER: THIS IS A DECLARATION FORM AND YOU MUST DECLARE YOUR TEAM TO BE ENTERED INTO THE MEET!

Print or Type First Name – Last Name (Declare 5 to 8 athletes per team)	Association	Regional	National

Print or Type First Name – Last Name (Declare 5 to 8 athletes per team)	Association	Regional	National

I certify that the above-named athletes **a)** have completed individual entry forms; **b)** were registered with my USATF Member Club prior to the Association Meet and, pursuant to USATF Regulation 7, are eligible to represent my club; **c)** have current individual USATF memberships; **d)** are entered in the proper age division; and **e)** have submitted "proof of birth" documents.

An Individual Entry Form (with proof of age verified) for each declared team athlete must be provided with the Official entry. I understand that if these are not provided, a \$10.00 processing fee for each that is not presented will be assessed at the time of packet pick-up.

\_\_\_\_\_  
SIGNATURE (Club Coach or Official)

Association Team Place:  1<sup>st</sup>  2<sup>nd</sup>  3<sup>rd</sup>

Region Team Place:  1<sup>st</sup>  2<sup>nd</sup>  3<sup>rd</sup>

**Regional and National Qualifiers:**