

Region 14 Youth JO XC Championship 2013

Revised 11/26/2013

12/01/2013 • Sunday

Woodward Park • 7775 Friant Road • Fresno CA 93720

(Page 1 of 4)

\$5 per car entry to Woodward Park

Food service on site.

T-shirt service by Onsite Sport.

USATF FRESNO HOTELS Discounts:

Arrive: Saturday November 30, 2013

Depart: Monday December 2, 2013

Ramada University Hotel: \$95.00

Website: <http://www.ramadafresno.com/>

Booking Code: USAT&F, USATF

Radisson Hotel & Conference Center: \$129.00

Website: <http://www.radisson.com/fresno-hotel-ca-93721/cafresno>

Reservations by calling Local Line: 559-268-1000 or central reservations: 1-800-333-3333. Reference group code USA Track & Field- Central CA

\$129.00 includes breakfast buffet for 4 people per room per day, breakfast buffet per person is valued at \$13.95 plus taxes per day.

Holiday Inn Fresno Airport: \$129.00

Website & booking Link: USATF CX Youth JO Champ

Park Inn by Radisson: \$119.00

Website: <http://www.parkinn.com/hotel-fresno>

Hotel Direct: 559.226.2200

Central Reservations: 800.671.7275

Use promotional code USATF when booking

Springhill Suites Marriott [Information](#)

Meet Contacts

Director: Tikee Miller

P.O.Box 70658

Bakersfield CA 93387

Phone: 661-444-6634

E-mail: <mailto:tikeemiller@yahoo.com>

Logistics: Lawrence Watson

E-mail: Lawrencewatsonus@yahoo.com

Phone: 661-316-8357

(Page 2 of 4)

Regional Director: David Lawrence
<mailto:dlaw222@aol.com>

Cost: \$15.00 per athlete
Entry deadline 11:59PM on November 27,2013

(Ages 7 - 8 run first, girls first. See schedule below).
Package pick up: race numbers available the morning of the race.

Awards: medals to top 20 athletes.
Plaques to the top team in each division.

Who Advances

Top **30** athletes, top **5** clubs advance to Region 14 Qualifier on December 1, 2013 (Sunday) at Woodward Park

Top **30** athletes and top **5** clubs from USATF Region 14 Youth Cross Country Championship advance to USATF National Youth Cross Country Championship.

\$20 for USATF National JO Youth XC Cross Country Championships Registration fee.

Age group: (maximum events)

Boys 8 and under (2005 and later)*
Girls 8 and under (2005 and later)*
Boys 9 and 10 (2003 to 2004)
Girls 9 and 10 (2003 to 2004)
Boys 11 and 12 (2001 to 2002)
Girls 11 and 12 (2001 to 2002)
Boys 13 and 14 (1999 to 2000)
Girls 13 and 14 (1999 to 2000)
Boys 15 and 16 (1997 to 1998)
Girls 15 and 16 (1997 to 1998)
Boys 17 and 18 (1995 to 1996)**
Girls 17 and 18 (1995 to 1996)**

Division is determined by year of birth of athlete.

*(2005 and later) (7 - 8) must be 7 year by 12/31/2013 to advance to nationals).

** (athletes who are still 18 through the last day of usatf national junior olympic championship can compete.

Schedule:

- Package pickup: 8 a.m.
- Course Walk: 9 a.m.
- 2k *(7 - 8)girls: 10:00 a.m.
- 2k *(7 - 8)boys: (following girls)
- 3k (9-10)girls: 10:25 a.m.
- 3k (9-10)boys: 10:50 a.m.
- 3k (11-12)girls: 11:15 a.m.
- 3k (11-12)boys: 11:40 a.m.
- 4k (13-14)girls: 12:05 p.m.
- 4k (13-14)boys: 12:30 p.m.
- 5k (15-16)girls: 12:50 p.m.
- 5k (15-16)boys: 12:50 p.m.
- 5k ** (17-18)girls: 12:500 p.m.
- 5k ** (17-18)boys: 12:50 p.m.
- 5k may be combine unless there are more than 25 entrants per age/gender.

Teams/ scoring:

- USATF clubs: Team member must be from the same association and club.
- No more than 8 or less than 5 athletes may be declared by a team (the first 5 declared members of each team shall count in that team's score).
- Strategy for advancement:
- A Team may change a qualified team , if the athlete is listed from association meet.

Course: rolling hills on grass and varying dirt paths. The weather is usually in 50s and 60s.

Waivers for high school athletes.

Request for waivers must be made to:

Regional Director

David Lawrence

<mailto:dlaw222@aol.com>

How to register for the meet:

Register for meet at Coach O:

* all athletes must sign USATF waiver online on Coach O.

Directions to Woodward Park (7775 Friant Road, Fresno CA 93720)

- Online: <http://www.proragegroup.com/woodward.html>
- Main Entrance located on Audubon Drive between Highway 41 and Friant Road
- Note: as of 09/01/07, there is now TWO-way traffic within the Park & admission fee after 7:00 am
- South of Fresno – Highway 99 & Highway 41
 - Take Highway 99 north.
 - After Jensen Avenue, take Highway 41 north exit.
 - Stay on Highway 41 north for about 10 miles.
 - After Herndon Avenue, take the FRIANT ROAD exit off ramp.
 - At the bottom of the off ramp, turn right onto FRIANT ROAD.
 - Stay on FRIANT ROAD for 1/2 mile.
 - After Fresno Street, the next traffic signal is AUDUBON DRIVE. Get into the left turn lane.
 - Turn left onto AUDUBON DRIVE. Get into the right lane.
 - Go west half a block. Entrance to Woodward Park is on the right – north side.
- North of Fresno – Avenue 12 & Highway 41
 - South of Madera, take Avenue 12 exit. Go east for about 13 miles to Highway 41.
 - Take Highway 41 south for about 4 miles. Take the BLACKSTONE AVE / FRIANT ROAD exit off ramp.
 - At the bottom of the off ramp, turn left onto FRIANT ROAD.
 - Stay on FRIANT ROAD for 3/4 mile.
 - After Fresno Street, the next traffic signal is AUDUBON DRIVE. Get into the left turn lane.
 - Turn left onto AUDUBON DRIVE. Get into the right lane.
 - Go west half a block. Entrance to Woodward Park is on the right – north side.
- North of Fresno – Highway 99
 - From Highway 99 take HERNDON AVENUE exit off ramp. Just after the San Joaquin River Bridge.
 - Follow the off ramp to the traffic signal and get into the left turn lane.
 - Turn left onto HERNDON AVENUE.
 - Stay on HERNDON AVENUE going east for about 8 miles.
 - After Maroa Ave., the next traffic signal is BLACKSTONE AVENUE. Get into one of the left turn lanes.
 - Turn left onto BLACKSTONE AVENUE.
 - Stay on BLACKSTONE AVENUE going north for about 3 miles.
 - BLACKSTONE AVENUE goes under Highway 41 and becomes FRIANT ROAD.
 - Stay on FRIANT ROAD for 3/4 mile.
 - After Fresno Street, the next traffic signal is AUDUBON DRIVE. Get into the left turn lane.
 - Turn left onto AUDUBON DRIVE. Get into the right lane.
 - Go west half a block. Entrance to Woodward Park is on the right – north side.