



USATF PACIFIC ASSOCIATION JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 23, 2014
Willow Hills Cross Country Course
Folsom High School
Folsom, California

The Pacific Association Junior Olympic Cross Country Championships is the qualifying meet for the USATF Region 14 Junior Olympic Cross Country Championships to be held on Sunday, November 30, 2014 at the Willow Hills Cross Country Course in Folsom, California. Any questions may be directed to the meet directors: cheetahs@rocketmail.com: Charlotte Sneed 925-628-0273 and Cris Houston 925-478-1603.

For more information about the Pacific Association and its youth offerings, including how to form a new USATF club, join an existing USATF club, or compete in USATF races as an unattached athlete please see visit www.pausatf.org/indexyouth.html

REGISTRATION

ENTRY DEADLINE IS 11:59:59 PM, TUESDAY, NOVEMBER 18, 2014

*****THERE IS NO MAIL-IN REGISTRATION***
THERE IS NO MEET DAY REGISTRATION
THERE IS NO LATE REGISTRATION**

USATF Membership and Age Verification Required

Registration is via Coach O. [Pacific Association Cross Country Championships](#)

To compete in the USATF Junior Olympic Cross Country Series, athletes must be USATF members and have validated birth dates in the USATF database. Do not wait until the last minute. **No late registration will be accepted.**

Entry fees are **\$10.00 per athlete** and must be paid online through the Coach O web site by credit card or electronic check.

SCHEDULE

7:30 Packet Pickup

8:45 Presentation of PAUSATF Grand Prix Competition Winners

9:00 Course Walks

10:00 Group 1 Girls 2" & K race

10:15 Group 1 Boys 2" & K race

10:30 Group 2 Girls 3K race

10:50 Group 2 Boys 3K race

11:10 Group 3 Girls 3K race

11:30 Group 3 Boys 3K race

11:50 Group 4 Girls 4K race

12:10 Group 4 Boys 4K race

12:30 Group 5, Group 6 Girls 5K race

1:00 Group 5, Group 6 Boys 5K race

(Note: The Group 5 and Group 6 races will be combined unless there are more than 25 entrants in any age/gender division. Qualifying and scoring will be by 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, and woodchip trails as well as a small amount of asphalt. There are several moderate elevation changes on the back portion of the course. **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. Official results will be posted on the Pacific Association Youth Cross Country Page by 8:00 PM the day of the race. <http://pausatf.org/data/2014/youth/yxc2014sched.results.html>

VENDORS

Vendors will be onsite to provide food, beverages, t-shirts, and running-related items to athletes and spectators. Vendors include:

- **Wildcat Coffee:** providing hot beverages, smoothies, muffins, pastries and other snacks
- **On-Site Sports:** providing official meet merchandise

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 parking 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.

ADDITIONAL JUNIOR OLYMPIC RACE INFORMATION

Competition in the Junior Olympic races is limited to current USATF youth athletes with validated birth dates.

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. It is recommended you 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 verified their age with the Pacific Association USATF. Athletes who competed in previous Junior Olympic Championships for Track & Field or Cross Country *may* have already been verified. To check if an athlete has a verified birth date, go to www.pausatf.org/data/members.php?age=youth. Search for the athlete's name and locate the age field. If the age has a "v" next to it, the date of birth has been verified, otherwise it has not. If you can not locate the athlete, he or she is not currently a USATF member or the PAUSATF member database has not been updated to reflect the new membership.

To have an athlete's birth date verified, email a **photo quality** copy of the athlete's birth certificate with the athlete's USATF number to Heike Mansoor at the Pacific Association office, heikemansoor@aol.com. Include athlete's 2014 USATF membership number on the document. 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 MUST BE SENT TO HEIKE BY 6PM NOVEMBER, 11****

AGE GROUPS/RACE DISTANCES

USATF Junior Olympic competitions take place in two-year age divisions, determined by the year in which the athlete was born. There is one division for boys and another for girls. 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 2014 are as follows:

Age Division	Age on 12/31/2014	Year of Birth	Distance
Group 1	8 and under	2006+	2000m
Group 2	9 -10	2004 - 2005	3000m
Group 3	11-12	2002 - 2003	3000m
Group 4	13 – 14	2000 - 2001	4000m
Group 5	15 – 16	1998 - 1999	5000m
Group 6	17 – 18	1996 - 1997	5000m

***NOTE: Athletes must be at least seven (7) years of age on Dec. 31, 2014 to compete at the Junior Olympic National Championship**

Awards

In each division, the top ten (10) finishers will receive medals; athletes finishing 11-15 will receive ribbons.

TEAMS

It takes a minimum of five runners from the same club, in the same division, to form a team; 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 ensure all of their team athletes are listed in the Coach O system as a member of the team. The CoachO team listing will serve as the declaration roster for the team.

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 if 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 packet pickup at least 2 hours prior to the race. 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 30, 2014 the team must compete and qualify at the Pacific Association Junior Olympic Cross Country Championship on November 23, 2014

TEAM SCORING

The first five finishing 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. Nonscoring 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.

ADVANCEMENT

The first thirty (30) individual finishers and first five (5) teams in each division will qualify to run in the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, November 30, 2014 in Folsom, CA. Runners on a qualifying team who finish in the first thirty (30) do not change the top thirty (30) 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 Region 14 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 (PST) TUESDAY, NOVEMBER 25, 2014.

The first thirty (30) individual finishers and first five (5) teams in each division at the USATF Region 14 Championships will qualify to compete at the USATF National Junior Olympic Cross Country Championships to be held in Myrtle Beach, SC on December 13, 2014

HIGH SCHOOL AND COLLEGE ATHLETES

Athletes competing in their state high school or collegiate championships may qualify to compete in the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, November, 30 2014 without competing in the Pacific Association Junior Olympic Cross Country Championship on November 23, 2014. Athletes must obtain a waiver from the Region 14 Coordinator, David Lawrence, based upon the following criteria.

Rule 305.3(f) from the 2014 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."

Any athlete who competes in their **high school** league championships, sub-section championship or section championship, or **collegiate** conference, region state or national championships within forty-eight (48) hours of the November 23, 2014 Pacific Association Junior Olympic Cross Country Championship is eligible to request a waiver to the 2014 USATF Region 14 Junior Olympic Cross Country Championship to be held on November 30, 2014.

To apply for a waiver of advancement, e-mail a waiver request to the Region 14 Coordinator, David Lawrence at DLaw222@aol.com and cc: Charlotte Sneed, Pacific Association Youth Cross Country Chair at: cheetahs@rocketmail.com. Waiver requests must include:

- Athlete's Name
- Age Group
- 2014 USATF Membership Number
- Club Name (or unattached)
- Name of High School or College Team
- Name and Date of league, sub-section, section, conference, region or nation championship meet which entitles the athlete to a waiver

The decision to grant all individual waivers will be made by the Region 14 Coordinator. Deadline for all waiver requests is 11:59 PM PST on November 18, 2014.

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. A team may also be advanced provided that all alternates listed on the declaration roster were also in conflict with the school competition causing the team to not have the minimum 5 athletes to participate. The declaration roster must have been submitted prior to the registration deadline for the Pacific Association meet (November 23, 2014) 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 Region 14 Coordinator.**

Willow Hills 2.2K Cross Country Course



A single loop course that covers the back hills section of the course, but not the "school loop."

Distance is approximately 2200 meters.

Start – A – B – C – D1 – E – F1 – F3 – G – C – B – A – Finish

Please Note:

Athletes will go from F1 to F3 (bypassing F2) for the 2K races only

Imagery Date: Apr 7, 2010

38°38'41.59" N 121°09'14.08" W elev 99 m

Eye alt 744 m

Willow Hills 3K Cross Country Course



A two loop course that circles the reservoir before covering the back hills section of the course, but not the "school loop."

Distance is approximately 3,115 meters.

Start - A - B - C - D1 - D2 - H - A - B - C - D1 - E - F1 - F2 - F3 - G - C - B - A - Finish

Willow Hills 4K Cross Country Course



A multi-loop course that covers the back hills section of the course, the "school loop," circles the reservoir, and then the "school loop" one more time.

Distance is approximately 3,750 meters.

- Start – A – B – C – D1 – E – F1 – F2 – F3 – G – C – B – B1 – A – H – D2 – D1 – C – B – B1 – A – Finish

Willow Hills 5K Cross Country Course



A multi-loop course that covers the back hills section of the course, the "school loop," circles the reservoir, then hits the back hills and the "school loop" one more time before finishing.

Distance is approximately 4,960 meters.

- Start – A – B – C – D1 – E – F1 – F2 – F3 – G – C – B – B1 – A – H – D2 – E – F1 – F2 – F3 – G – C – B – B1 – A – Finish