



USATF REGION 14 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

**Sunday, November 30, 2014
Willow Hills Cross Country Course
Folsom High School
Folsom, California**

Welcome to the 2012 USATF Region 14 Junior Olympic Cross Country Championships. This is the qualifying meet for the USATF National Junior Olympic Cross Country Championships on Saturday, December 13, 2014 at Whispering Pines Golf Course in Myrtle Beach, SC.. Should you have a question that is not covered in this packet, please contact Meet Directors: cheetahs@rocketmail.com: Charlotte Sneed 925-628-0273 and Cris Houston 925-478-1603.

REGISTRATION

Registration is via Coach O, www.coachregistration.com/calendar/meet/calendar.html. Please select the USATF Region 14 Cross Country Championships. Entry into the Region 14 meet is restricted to those athletes who previously qualified in either the Pacific Association Junior Olympic Cross Country Championship on November 23, 2014 or the Central Association Junior Olympic Cross Country Championship on November 23, 2014, or received a waiver to compete in the Region 14 meet from the Regional Coordinator. To compete in the Junior Olympic races, athletes must be USATF members and have validated birth dates in the USATF database.

ENTRY DEADLINE IS 11:59:59 PM PST, TUESDAY NOVEMBER 25, 2014

*****THERE IS NO MAIL IN REGISTRATION*****

*****THERE IS NO MEET DAY REGISTRATION*****

*****THERE IS NO LATE REGISTRATION*****

Entry fees are \$15.00 per athlete and must be paid online through the Coach O web site.

SCHEDULE

7:30 Packet Pickup

9:00 Course Walks

10:00 Group 1 Girls 2K race

10:15 Group 1 Boys 2K 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, 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. 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.

LODGING

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

AGE GROUPS

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*

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 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. Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the National meet.

Meet registration for all qualifiers will also be done online using the Coach O registration system. Cost of registration for the National meet is \$20.00 per athlete.

COACHES AND PARENTS/GUARDIANS OF UNATTACHED ATHLETES WILL NEED TO GO TO THE COACH O WEB SITE TO CONFIRM AND PAY FOR ENTRY INTO THE NATIONAL MEET BY 11:59 PM PST TUESDAY NOVEMBER 25, 2014

AWARDS

The top twenty (20) finishers in each age group will receive medals. The 21st through 30th finishers in each division will receive a ribbon. The first place team in each age group will receive a plaque.

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.**