

Region 14 Junior Olympic Championships

Woodward Park - 7775 Friant Road, Fresno CA 93720

November 29, 2015 Sunday

\$5 per car entry to Woodward park.

Food for sale. T-shirt service for sale.

.Cost: \$15.00 per athlete.

Online Entry deadline (Coach O): 11:59PM PST November 25,2015.

(Age 7 - 8 run first. girls first. See schedule below).

Package pick up: race numbers available the morning of the race.

Awards: medals to top 30 athletes. Plaques to the top team in each division.

Top 30 athletes, top 5 clubs (each age division) advance to Region 14 youth XC Championship from Association Meet. Top 30 athletes, top 5 clubs (each age division) from Region 14 XC Championship advance to Usatf National youth cross country championship.

Meet director: Tikee Miller Address: P.O.Box 70658 Bakersfield CA 93387 Phone: 661-444-6634 E-mail: tikeemiller@yahoo.com	Logistic: Lynell Glover 559-908-0458 fresnoflyers@gmail.com	Regional Director: David lawrence dlaw222@aol.com
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Youth Athletics 2015 age group:

8 and under (2007 and later). (Group 1).*

9 and 10 (2005 to 2006). (Group 2).

11 and 12 (2003 to 2004). (Group 3).

13 and 14 (2001 to 2002). (Group 4).

15 and 16 (1999 to 2000). (Group 5).

17 and 18 (1997 to 1998). (Group 6).**

Division is determine by year of birth of athlete.

*(2007 and later) (7 - 8) must be 7 year by 12/31/2015 to advance to nationals).

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

Schedule: Each race may begin 30 Minutes before time listed

Package pickup. 8AM

Course Walk. 9

2k *(7 - 8)girls 10:00

2k *(7 - 8)boys (following girls)

3k (9-10)girls 10:25

3k (9-10)boys 10:50

3k (11-12)girls 11:15

3k (11-12)boys 11:40

4k (13-14)girls 12:05 PM

4k (13-14)boys 12:30

5k (15-16)girls 12:50

5k (15-16)boys 12:50

5k * * (17-18)girls 12:50

5k * * (17-18)boys 12:50

5k may be combined unless there are more than 25 entrants per age/gender.

Teams/ scoring:

Age group 15 - 16 and 17 - 18 will be combined when scored.

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 50's and 60's.

*Athletes must run at association meet to advance to the Region 14 youth XC Championship or the Youth XC National meet.

* Send Waivers for high school athletes who are still running for their high school at the State XC championship before association meet close to :

Regional Director
David Lawrence
dlaw222@aol.com

CC :
Meet director:
Tikee Miller
Phone: 661-444-6634
tikeemiller@yahoo.com

*A high school athlete whom will be running at the State High school meet should register at the Association meet even if they will not run. Request your waiver. This will make your advancement to the Region 14 youth XC Championship easier.

How to Register for :
USATF Region 14 Youth JO XC Championship.
(November 29, 2015 Sunday) :

*Register for meet at coach O.

* all athletes must sign Usatf waiver online on Coach O.
Top 30 athletes, top 5 clubs (each age division) advance to the Region 14 XC youth Championship.
Please go to coach O and advance within 24 hours of the Association meet to the Region 14 XC youth Championship.

Top 30 athletes, top 5 clubs (each age division) advance from the Region 14 XC youth Championship.
Please go to coach O and advance within 24 hours of the Region 14 XC youth Championship to the USATF Youth XC National Championship.

Direction to Woodward Park:-- 7775 Friant Road, Fresno CA 93720

<http://www.proragegroup.com/woodward.html>

Driving Directions to Woodward Park

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.