

USATF REGION 14 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

**Sunday, November 27, 2016
Willow Hills Cross Country Course
Folsom, California**

Meet Directors:

- Charlotte Sneed 925-628-0273
- Cris Houston 925-478-1603.

Welcome to the 2016 USATF Region 14 Junior Olympic Cross Country Championships, the qualifying meet for the USATF National Junior Olympic Cross Country Championships to be held on Saturday, December 10, 2016 at Veteran's Park in Hoover, Alabama. Please refer to the USATF National Junior Olympic Cross Country Championships website for additional information:

- <http://www.usatf.org/Events---Calendar/2016/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

REGISTRATION

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 20, 2016 or the Central Association Junior Olympic Cross Country Championship on November 20, 2016. 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 23, 2016

*****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 athletic.net web site.

SCHEDULE

Packet Pickup	7:30
Course Walks	9:00
Group 1 Girls 2K race	10:00
Group 1 Boys 2K race	10:15
Group 2 Girls 3K race	10:30
Group 2 Boys 3K race	10:50
Group 3 Girls 3K race	11:10
Group 3 Boys 3K race	11:30
Group 4 Girls 4K race	11:50
Group 4 Boys 4K race	12:10
Group 5, Group 6 Girls 5K race	12:30
Group 5, Group 6 Boys 5K race	1:00

(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. **Spikes are permitted.**

TIMING/RESULTS

All races will utilize 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 Schedule page by 8:00 PM the day of the race.

VENDORS

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

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.

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 2016 are as follows:

Age Division	Age on 12/31/2016	Year of Birth	Distance
Group 1	8 and under*	2008+	2000m
Group 2	9 -10	2006 - 2007	3000m
Group 3	11-12	2004 - 2005	3000m
Group 4	13 – 14	2002 - 2003	4000m
Group 5	15 – 16	2000 - 2001	5000m
Group 6	17 – 18	1998 - 1999	5000m

*NOTE: Athletes must be at least seven (7) years of age on Dec. 31, 2016 to compete at the Junior Olympic National Championship

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 Hoover, Alabama on December 10, 2016.

COACHES AND PARENTS/GUARDIANS OF UNATTACHED ATHLETES WILL NEED TO GO TO THE ATHLETIC.NET WEB SITE TO CONFIRM AND PAY FOR ENTRY INTO THE NATIONAL JUNIOR OLYMPIC CROSS COUNTRY MEET.

<http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=121794#/66554>

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 entered in the race, of the same sex, in the same age group and all must be registered members of the same club. Coaches must ensure all of their team athletes are listed in the athletic.net system as a member of the team. The athletic.net 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 27, 2016 the team must compete and qualify at the Pacific Association Junior Olympic Cross Country Championship on November 20, 2016.

TEAM SCORING

Please note the following underlined changes to Cross Country Team Scoring.
Changes to team age divisions do not affect individual awards or advancement

USATF Rule 304.5:

5. **Scoring** - A team shall be composed of from five to a maximum of eight members. Team scoring shall be by place, in accordance with Rule 7. Team scoring is divided into five divisions for boys and five divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete.

Cross Country Team Scoring Divisions

Division

8 and Under	2008+
9 – 10	2006-2007
11 – 12	2004-2005
13 – 14	2002-2003
<u>15 – 18</u>	<u>1998-2001</u>

USATF Rule 7.6:

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. Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners.

(c) When separate competitions are conducted simultaneously, each shall be scored independently. Runners on teams not eligible for a given competition will be eliminated from team scoring in that competition.

(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.

(b) Ties between two or more teams shall be resolved in favor of the team whose last scoring member finishes nearer to first place.

AWARDS

The top thirty (30) finishers in each age group will receive medals. 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, 27 2016 without competing in their association championships. Athletes must obtain a waiver from the Region 14 Coordinator, David Lawrence, based upon the following criteria:

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 20, 2016 Pacific Association Junior Olympic Cross Country Championship is eligible to request a waiver to the 2016 USATF Region 14 Junior Olympic Cross Country Championship to be held on November 27, 2016.

The decision to grant all individual waivers will be made by the Region 14 Coordinator, David Lawrence. Deadline for all waiver requests is 11:59 PM PST on November 15, 2016.

Teams may also qualify for a waiver 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 15, 2016) 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 Region14 Coordinator.

To apply for a waiver of advancement please refer to your association meet entry information.