



**Region 14
Junior Olympic
Cross Country Championships**

**Sunday – November 26, 2017
Woodward Park
7775 Friant Road
Fresno, Ca. 93720**

****Main Entrance located N/E of Audubon Drive and Friant Road
Assemble at Mountain View Shelter****

Dear Coaches, Parents and Athletes;

Welcome! The Central California Association of USA Track and Field (USATF) welcomes you all to the Region 14 USATF Junior Olympic Cross Country Championship.

For all questions and the latest updates regarding the 2017 Region 14 USATF Junior Olympic Championship Meet, please contact the *Meet Director*:

Lynell Glover | president@centralcalifornia.usatf.org | (559) 691-0377

NO LATE REGISTRATION – online registration is available at: www.athletic.net

Registration Deadline: Wednesday November 22, 2017 11:59 PM

The Registration Process:

- Register online via: www.athletic.net >> Region 14
- Cost per athlete: **\$15.00** per event entered (*no refunds*)
- Park Entrance Fee: **\$5.00** per vehicle
- Athletes must compete in their own respective age group.

2017 Age Groups and Eligible Athletes

AGE DIVISION	BIRTH YEAR
Group 1 (8 years and under) *	2009 and earlier
Group 2 (9 - 10 year olds) *	2007 - 2008
Group 3 (11 - 12 year olds) *	2005 – 2006
Group 4 (13 - 14 year olds) **	2003 - 2004
Group 5 (15 - 16 year olds) **	2001 - 2002
Group 6 (17 - 18 year olds) **	1999 - 2000

*** NOTE: Athletes must be at least seven (7) years of age on Dec. 31, 2017 to compete at the Junior Olympic National Championship.**

Each Race may begin 30 Minutes before time listed

SCHEDULE:		
	PACKAGE PICKUP	8:00 AM
	Course Walk	9:00 AM
2K	*(7-8) girls	10:00 AM
2K	*(7-8) boys	(following girls)
3K	(9-10) girls	10:25 AM
3K	(9-10) boys	10:50 AM
3K	(11-12) girls	11:15 AM
3K	(11-12) boys	11:40 AM
4K	(13-14) girls	12:05 PM
4K	(13-14) boys	12:30 PM
5K	(15-16) (17-18) girls/boys*	12:50 PM

*** 5K may be combined if there are less than 25 or more entrants per age/gender.**

Teams/Scoring

- **Age group 15 - 16 and 17 - 18 will NOT 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).**

Advancement

- **The top 30 athletes, top 5 clubs (each age division) from the Region 14 championships will advance to the USATF National JO Championships.**

Course Description & Weather Outlook

- The course at Woodward Park, Fresno is comprised varying dirt trails, hills and supervised road sections.
- The weather during this time of year typically ranges in the 50's to 60's.

Eligibility for Waiver

- There are no waivers into the Nationals from the Region 14 meet.

Rule 305.3(f) from the 2017 USA TF 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."

Driving Directions to Woodward Park from the North

- Coming in on Avenue 12 by way of 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.

OR

- **Coming in on 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.**

Driving Directions to Woodward Park from the South

- **Coming in on Highway 99 or 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.**

Medical Services and Security

- **Qualified personnel will be available at all sessions of the championships.**
- **Additional medical facilities are in near proximity to the course.**
- **A Fire Department and Rescue Unit is located minutes from the course.**