



2009 USATF Region 15 Junior Olympic Cross Country Championships



Hosted by the San Diego Imperial Association

Sunday, November 22, 2009

Kit Carson Park
333 Bear Valley Parkway
Escondido, CA 92025

SCHEDULE & AGE DIVISIONS:

Age Division	Distance
Bantam (born 1999 and later)	3 km (1.86 miles)
Midget (born 1997- 1998)	3 km (1.86 miles)
Youth (born 1995–1996)	4 km (2.48 miles)
Intermediate (born 1993–1994)	5 km (3.1 miles)
Young (born 1991-1992)	5 km (3.1 miles)

WALK-THROUGH

There will be a course walk through on Saturday November 21st at 3:30 p.m. and Sunday November 22nd at 8:00 a.m.

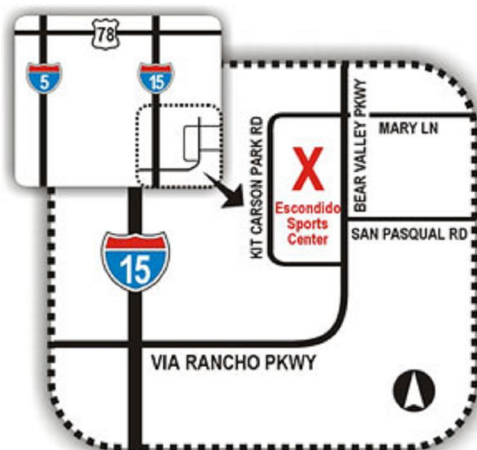
COACHES MEETING

A coaches meeting will be held on Sunday, November 22, 2009 at 7:45 a.m.

STARTING TIME

The course will close at 9:00 A.M. The first race will begin at 9:15 A.M. Races are slated to be run every 30 minutes. Race order: **Bantam:** Girls, Boys; **Midget** Girls, Boys; **Youth** Girls, Boys; **Intermediate** Girls, Boys; **Young** Women, Men.

DIRECTIONS



Coming from the North, take the (I-5) south and exit on highway 78 East. Merge onto CA-78 E toward ESCONDIDO, Merge onto I-15 S toward SAN DIEGO (5 miles). Take the VIA RANCHO PARKWAY exit, Turn RIGHT onto W VIA RANCHO PKWY. W VIA RANCHO PKWY becomes BEAR VALLEY PKWY S. You will see soccer fields on your left, pass San Pasqual H.S. on your right, turn left on KITCARSON PARK RD. Pass Escondido Sport Center on your left, look for signs posted **"USATF JUNIOR OLYMPICS REGION 15 CROSS COUNTRY CHAMPIONSHIPS"**

Coming from the South, take (I-15) North exit W.VIA RANCHO PKWY turn right and then follow directions above from this point forward.

THE COURSE

This is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills.

Course maps may be viewed at <http://www.scrs-sd.com/schedule.html>
(Click on maps link)

ELIGIBILITY REQUIREMENTS:

Individuals: Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted with each entry. **Teams:** Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team a club must submit the Team Entry/Declaration form. Only athletes listed on the team declaration roster form will be eligible to represent the club at the Regional Championships.

ENTRY FORMS: The Youth Chairs or designee of each USATF Association shall be responsible for ensuring all entry forms are complete and the date of birth of each athlete has been verified prior to competing in the Regional Championships.

ENTRY PROCESS: The entry fee is \$15.00 per athlete. The Youth Chairs of each USATF Association in the region (Southern California, Nevada and San Diego-Imperial Association) are responsible for entering their athletes by submitting their Hy-Tek Entry Data Back File via e-mail no later than **THURSDAY, November 19, 2009**. Send file to: socalroadrunners@cox.net (Jeanette Mena).

Regional fees are payable to *USATF San Diego Imperial Association* are payable on the day of the meet by the Association's Youth Chair.

PACKET PICK-UP: Team and Individual packets may be picked up on the day of the meet beginning at 7:15 a.m.

TEAM SCORING: 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition chest-high on the front of their jerseys. Bib numbers will be distributed during packet pick-up.

AWARDS: USATF Junior Olympic medals will be awarded to the top 20 place finishers in each age division. Team awards will be presented to the 1st through 3rd place teams per divisions.

EVENT RESULTS: During competition, event results will be available. In addition, event results will be posted at www.sdusatf.org.

ADVANCEMENT: The top 20 individual's athletes and all members (up to 8) of the top 3 teams will advance to the National Junior Olympic Championships to be held at Rancho San Rafael Regional Park in Reno, Nevada on Saturday, December 12th. The entry fee for the National Junior Olympic Championships is \$20.00 payable prior to leaving the regional meet. Each Youth Chair or his/her designated processor shall be responsible for processing all advancement/entry forms and ensuring all fees are collected. An athlete **MUST** run at the regional meet to advance to the NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS.

NATIONAL CHAMPIONSHIPS INFORMATION: Information may be obtained by viewing: www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships

CONCESSION: Concessions will be available.

EVENT MERCHANDISE: Commemorative clothing (Tee Shirts, shirts, etc.) will be available for purchase.

CONTACT INFORMATION: Mike Mena, Meet Director, (760) 294-7982



REVISED: 1:45 A.M. ON 11/18/09

HOTEL INFORMATION

Holiday Inn

**SAN DIEGO-RANCHO BERNARDO
17065 W. BERNARDO DR.
SAN DIEGO, CA 92127**

Rates:

\$79.00 Standard Two (2) Queen Beds

The above rate(s) include a full breakfast buffet for up to four (4) guests per room in this group block

Reservation Procedures:

Individuals must call the reservation office at 1-800-777-6055 for rooms group code (SCR) you must call before 11-10-09 to receive this rate

Other hotels in the Surrounding Area:

[Rodeway Inn](#)

16929 W Bernardo Dr, San Diego, CA - (858) 487-0445

[Hilton Garden Inn](#)

17240 Bernardo Center Dr, San Diego, C.A. - (858) 676-1660

[Ramada Poway](#)

12448 Poway Rd, Poway, CA - (858) 748-7311

[Holiday Inn Express Hotel & Suites San Diego-Escondido](#)

1250 W Valley Pkwy, Escondido, CA - (877) 863-4780

[Best Western Country Inn Poway](#)

13845 Poway Rd, Poway, CA - (858) 748-6320