



# 2018 USATF San Diego Imperial Association Junior Olympic Cross Country Championships

**Sunday, November 11, 2018**

**Kit Carson Park**

**3333 Bear Valley Parkway, Escondido, CA 92025**



## Age Divisions & Distances

Divisions	Birth Year	Distance
8 & under	2010+	2000km [1.24 miles]
9 -10	2008 – 2009	3000km [1.86 miles]
11-12	2006 – 2007	3000km [1.86 miles]
13 -14	2004 – 2005	4000km [2.48 miles]
15 -16	2002 - 2003	5000km [3.1 miles]
17-18	2000 - 2001	5000km [3.1 miles]

Athletes in the 8 & Under division are all welcomed to compete. However, per USATF Rule 300.1(c), "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or National Junior Olympic Championships." Athletes who do not meet this rule will not be advanced to the National Junior Olympic Championships Meet.

## Individuals:

Only United States of America (U.S.A.) citizens, aliens living in the USA, and foreign exchange students are eligible to compete in these Championships. See USATF rule 300.1(g) & (h) for more information and exceptions. A competitor must compete in his/her age division only. All athletes must be registered 2018 members of USATF in good standing.

**Teams:** Only registered 2018 USATF member clubs may enter a team(s). All athletes representing a club must be affiliated with and members of that club as part of their USATF membership. A team must consist of a minimum of 5 runners and a maximum of 8.

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**Teams:** Only registered 2018 USATF member clubs may enter a team(s). All athletes representing a club must be affiliated with and members of that club as part of their USATF membership. A team must consist of a minimum of 5 runners and a maximum of 8. The top 5 finishers among the declared runners score team points. The 15-16 and 17-18 individual age divisions race times are combined for team scoring purposes per rule USATF rule 304.5. Individual place medals will still be awarded in these age divisions.

**ENTRY PROCESS:** Only athletes who are registered and current members in good standing with USATF may compete. USATF membership can be completed on line at [www.usatf.org](http://www.usatf.org).

**ON-LINE REGISTRATION:** Entry shall be completed on line and must be received by **11:59PM on Friday, November 9, 2018**. To enter the meet go to [www.athletic.net](http://www.athletic.net) or paste/copy the following link in your internet browser:

[www.athletic.net/CrossCountry/School.aspx?SchoolID=67716](http://www.athletic.net/CrossCountry/School.aspx?SchoolID=67716)

**PROOF OF AGE:** All athletes **must** have their age verified **prior** to registering on the online system. All athletes who have not satisfied this requirement must email proof of age to [membership@sandiego.usatf.org](mailto:membership@sandiego.usatf.org). A message may be left at 619.734.8456. In any case, proof of age **must** be received and entered into the national membership database prior to the close of registration (See USATF Youth Athletics Rule 300 (i). You must allow sufficient processing time for data entry into the national membership database. When forwarding documents, which may be scanned or "screen shots," please note in the email the Athlete's name, USATF # and date of birth, which will expedite processing.

**PARTICIPANT WAIVER & RELEASE FORM:** A completed form is required by all competitors prior to competing. The waiver is integrated in the online entry system.

**ENTRY FEE:** \$10.00 per athlete. Entry fee must be paid online in the form of a credit/debit card. A service fee charged by Athletic.Net will be incurred. The San Diego Imperial Association does not receive any proceeds from the service fee. Entry fees are non-refundable or transferrable.

**EVENT WAIVER:** You **MUST** contact the meet director NO LATER than **November 10th** if you wish to be waived to the Regional; all fees must be paid (Association \$10.00 and Regional \$15.00) total of \$25.00. An athlete **MUST** run at the regional meet to advance to the NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS. NO EXCEPTIONS.

Typically, high school aged athletes request a waiver as they are still competing for their high school, but wish to compete at the regional or national meets. Waived athletes must enter the meet via the on line process and comply with all requirements for participation.

**AWARDS:** USATF Association Junior Olympic medals will be awarded to the top 15 finishers in each age division.

**ADVANCEMENT:** The top **30** individuals and top **5** teams will advance to the USATF Region 15 Junior Olympics Championships to be held on November 18, 2018 at Lake Las Vegas Sports Center, 101 Via Vin Santo, Henderson, Nevada 89011. The meet will be hosted by the Nevada Association. The declaration process for the regional meet is explained in the Regional Meet Flyer, which is posted on San Diego Imperial Association's youth page cross country calendar. All athletes/coaches will need to declare their intention to compete by registering on line at [www.athletic.net](http://www.athletic.net) by the established timeline.

The USATF National Junior Olympic Cross Country Meet will be held in Reno, Nevada on December 8, 2018. Information about the meet can be viewed by on the following link:

<http://www.usatf.org/Events---Calendar/2018/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

or can be reached through the Association website as referenced with respect to the regional meet. The regional and national entry fee is \$15.00 and \$20.00 respectfully.

**EVENT RESULTS:** During competition, event results will be posted. Following the meet, results will be posted on the youth page at [www.sdusatf.org](http://www.sdusatf.org).

**THE COURSE:** The Kit Carson Park course is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills. Course maps can be viewed on the Association's website.

**COURSE WALK THROUGH:** A walk through will be held on the day of the meet at 7:15AM.

**STARTING TIME:** The first race begins at 8:30AM with the 8 & Under Girls Division followed by the 8 & Under Boys with other divisions to follow.

**CONCESSION:** A concession stand may be operated by a registered San Diego Imperial Association Youth Club.

**For Questions Contact:** Hector Menchaca  
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