

# 2019 USATF SAN DIEGO-IMPERIAL Association Junior Olympic Cross Country Championships

Hosted by

**USATF San Diego Imperial Association**

**Sunday, November 17, 2019**

**Kit Carson Park**

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



## Age Divisions & Distances

Divisions	Birth Year	Distance
8 & under	2011+	2000km [1.24 miles]
9 -10	2009 – 2010	3000km [1.86 miles]
11-12	2007 – 2008	3000km [1.86 miles]
13 - 14	2005 – 2006	4000km [2.48 miles]
15 -18	2003 – 2004	5000km [3.1 miles]
17-18	2001 – 2002	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 Regional or National Junior Olympic Championships Meets.

## Eligibility

**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 USA Track & Field (USATF) Rule Book 300.1(g) & (h) for more information and exceptions. A competitor must compete in his/her age division only. All athletes must be registered 2019 members of USATF in good standing.

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### Eligibility (continued)

**Teams:** Only registered 2019 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

### Entry Process/ On Line Registration:

Only athletes who are registered and current members in good standing with USATF may compete. The Association Championships is part of a series of qualifying meets leading to the USATF National Junior Olympic Cross Country Championships. Athletes must qualify at their Association Championships and the Region 15 Championships in order to compete in the National Championships.

All entries **must** be completed online. To enter the meet go to [www.athletic.net](http://www.athletic.net) and search for the San Diego Imperial Meet. Registration must be completed by 12 Noon on Friday, November 15, 2019.

### 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 (copy of certified birth certificate, passport, certified baptismal record, driver's license or U.S. government identification card) to [membership@sandiego.usatf.org](mailto:membership@sandiego.usatf.org). A message may be left at 619.784.8456. In any case, proof of age **must** be received and entered into the national membership database prior to the close of registration (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.

### 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.

### Event Waiver:

You **MUST** contact the meet director NO LATER than **November 15th** 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 and national meets. Waived athletes must enter the meet via the on line process and comply with all requirements for participation.

### Participant Waiver & Release Form:

A completed form is required by all competitors prior to competing. The waiver is integrated in the online entry system and can be completed electronically.

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### Start Time:

The first race will begin at 8:00AM beginning with the 8 & Under Girls Division followed by the 8 & Under Boys with other divisions to follow.

### 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 are available on line. Visit the youth page on the Association's website.

### Course Walk Through:

A walk through will be held on the day of the event beginning at 7:15AM.

### Awards:

USATF Association Junior Olympic medals will be awarded to the top 30 finishers in each age division.

### Event Results:

During competition, event results will be published. Following the meet, results will be posted on the youth cross country page at [www.sandiego.usatf.org](http://www.sandiego.usatf.org)

### Advancement:

The top **30** individuals and top **5** teams will advance to the USATF Region 15 Junior Olympics Championships to be held on November 24, 2019 at Kit Carson Park, Escondido, CA. All athletes/coaches must declare their intention to compete by registering on line at [www.athletic.net](http://www.athletic.net) by the established timeline.

### Team Scoring:

8 athletes may be declared on the Team Entry Declaration Form as scoring athletes. The top 5 finishers amongst the declared runners will score. In Age groups 15-16 and 17-18 will be combined for team scoring purposes only with the top 5 team advancing to the region meet.

### For Questions Contact:

Mike Mena  
Meet Director  
Phone: 760.917.9004  
E-mail: [sdrxc@gmail.com](mailto:sdrxc@gmail.com)

Jeanette Mena  
Event Registration/Competition Coordinator  
Phone: 760.917.8261  
E-mail: [youthtreasurer@sandiego.usatf.org](mailto:youthtreasurer@sandiego.usatf.org)

Michael Adkins  
Youth Chair  
Phone: 619.871.6836  
Email: [youth@sandiego.usatf.org](mailto:youth@sandiego.usatf.org)