



2015 Southern California Association Junior Olympic Cross Country Championships

SANCTION BY: SOUTHERN CALIFORNIA and USA TRACK & FIELD

DATE/ TIME: Sunday, November 15th, 2015 at 9:00 a.m. Course walk starts at 8:00 a.m.

LOCATION: ARCADIA COUNTY PARK
405 S Santa Anita Ave Arcadia, CA 91006
(There are no parking or spectator fees.)

MEET DIRECTOR: Rod Crowell (626) 862-4337
Email: rodcrowell@topspeedrunning.com

DIVISION & DISTANCES:

Age is determined as of 12/31/2015. Athletes must turn 7 but not 19 by 12/31/15.		
7-8 (Sub-Bantam)	(Born 2007 or 2008)	2000m (1.2 miles)
9-10 (Bantam)	(Born 2005 or 2006)	3000m (1.8 miles)
11-12 (Midget)	(Born 2003 or 2004)	3000m (1.8 miles)
13-14 (Youth)	(Born 2001 or 2002)	4000m (2.4 miles)
15-16 (Intermediates)	(Born 1999 or 2000)	5000m (3.1 miles)
17-18 (Young Men/Women)	(Born 1997 or 1998)	5000m (3.1 miles)

PREREQUISITE: Registration opens on October 16th. No preliminary races are needed to qualify for this meet but **entries must be completed by Thursday, November 12th, 2015 11:59pm PST. This is a firm deadline.** Athletes not registered by this time will not be in the meet. DO NOT wait until the last minute as there are several time consuming and technically challenging steps.

ADVANCEMENT: Southern California athletes hoping to run at the National Junior Olympics in Albuquerque, New Mexico must compete at this Association meet. The top 30 individuals and the top 5 teams per division will advance to the Region 15 Championships in North Las Vegas, Nevada on 11/22. (Qualified athletes must then compete at the Regional meet with the top 30 individuals and the top 5 teams per division advancing to the National Junior Olympics.)

REGISTRATION: To compete in this meet you must do the following:

- 1) **Get a current USATF membership number** at: <http://www.usatf.org/Products---Services/Individual-Memberships.aspx>
If you plan to run for a team then make sure to choose that club while registering. Please email info@scausatf.org if you need to change your team affiliation (only parents may request a team change.) Please have your membership number by Thursday, November 5th.

- 2) **Have your Date of Birth verified** through our local office. Write your membership number on your birth verification document. Scan and email it to info@scausatf.org. Acceptable documents are: copy of a birth certificate, passport, certified baptismal record, driver license, or U.S. Government Identification. Hospital certificates are not acceptable. **You must send this email by Thursday, November 5th** as it takes several days to process. If you have any other questions regarding memberships and DOB verification, please call the association office at (562) 941-2621.
- 3) **Register and pay (\$10) for the meet online at CoachO by Thursday, November 12th, 2015 11:59pm PST.** <https://coachoregistration.com/dbi-bin/calendar.pl>. Scroll down the page and find the Southern California Association Junior Olympics on 11/15/15. You must have your membership number and DOB verified to register. Registration opens October 16th. Francine Hawkins can be contacted at (626) 367-9257 from 6:00pm to 9:00pm if you need help or have any questions about using CoachO.

TEAMS: Only registered **USATF member clubs** may enter a team. When entering your team into the Coach O database, you must declare which athletes are on your scoring team A, B, C, etc...Clubs must submit changes to their scoring teams no later than 8:30 am on the morning of the meet. Please start your entries on October 15th.

WAIVERS: Athletes that run in their high school cross country championship meet within 48 hours of the Association meet may request a waiver. Requests for waivers must be emailed to Rod Crowell (rodcrowell@topspeedrunning.com) by Tuesday, November 10th and you must have a confirmation email for your waiver to be valid. Waived athletes still have to register and pay the entry fee as if they are running in the meet. (There are no waivers from the Regional meet.)

RACE TIMES: **The first race will start at 9:00 am** and we will be on a rolling schedule starting with the youngest age group girls, then boys followed by the next age group girls, etc. The races start about every 20 to 30 minutes. **It is the responsibility of the coaches and parents to pay attention to which race is on the starting line. If your athlete misses their race, they will not be permitted to run with another sex or division.** Athletes may proceed to the starting area a few minutes after the previous race has begun. **NO PARENTS OR COACHES ARE ALLOWED IN THE STARTING AREA AT ANYTIME AFTER THE COURSE WALK!**

COURSE: The Arcadia Park course is flat and mostly on grass with some concrete paths. Course maps will be posted on the SCA website.

IMPORTANT INFORMATION: After the Course Walk Through, spectators (including parents and coaches) are not allowed on the course, in the starting area, or at the finishing area. You cannot pace athletes or spray water on them during the race. **ANY INTERFERENCE WITH THE FINISH LINE JUDGES WILL RESULT IN AN EJECTION FROM THE MEET. THERE WILL BE ZERO TOLERANCE AND NO**

WARNINGS! If you have a grievance, please give it in writing to the results/awards table and they will forward it on to the proper meet management personnel.

REGION 15 ENTRIES: Top 30 finishers and the top 5 teams will qualify for the Region 15 Championships on **November 22th at Craig Ranch Park in North Las Vegas, Nevada.** You must then **register and pay (\$15) for the Region 15 meet on COACH O.** Registration will be open from Tuesday 11/17 until Thursday 11/19 at 11:59 pm, PST.

The Nevada Association will be hosting this meet. It is their responsibility to provide the Region 15 meet flyer and it will be posted on the SCA website when it becomes available. Do not email or call with questions about the Region 15 meet until after the flyer is posted.

AWARDS: Medals will be given to at least the top ten finishers in each division. Team Championship awards will be given to the top team in each division. A team must consist of a minimum (5) runners and maximum (8) runners per team. Trophies will be awarded at the end of the meet or possibly the regional meet.

SNACK BAR: Assorted food and drinks will be available. T-Shirts and sweatshirts will also be for sale.

HOTELS / MOTELS: The hotels closest to Arcadia Park are within two blocks on Huntington Dr. They are the Hilton and the Embassy Suites with a major shopping center close to the park.

DIRECTIONS: Arcadia Park is located between the 210 and the 10 freeways on Santa Anita Ave. From the 210 freeway exit on to Santa Anita Ave and go South about a 1/2 mile and the park is on the right next to the golf course. From the 10 freeway you would exit on to Santa Anita Ave and go North for about 3 miles and the park will be on the left. Enter the parking lot from Santa Anita Ave.

Last year everyone did a great job cleaning up the area that they were using. It takes all of us to keep the facilities willing to allow us to return year after year. You can deliver your trash to the dumpsters located between the swimming pool and the lawn bowling area. Your cooperation will keep us from having to start charging a clean up fee in the future. Thanks from the SCA Meet Management and Arcadia Park.