



December 11, 2021

Paris, KY

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## **Welcome to the “Bluegrass State”**

On December 11, 2021 we welcome youth from all over the country for the USA Track & Field National Junior Olympic Cross Country Championships. The Local Organizing Committee, the City of Lexington, and Bourbon County Fiscal Court welcome you to the beautiful Bluegrass State. We are glad you are here.

### **Local Organizing Committee Contacts**

#### **LOC Chair/Meet Director/**

Tim King: [teejayking@gmail.com](mailto:teejayking@gmail.com) 859-653-5907

#### **LOC Finance/Budget Coordinator**

Frank Miklavcic: [fmiklavcic2@gmail.com](mailto:fmiklavcic2@gmail.com)

#### **USATF Kentucky Youth Chair**

Bob Stacey: [robcestacey@aol.com](mailto:robcestacey@aol.com)

#### **USATF Kentucky Memberships**

Vicki Rowland: [vrowland77@gmail.com](mailto:vrowland77@gmail.com)

#### **USATF Kentucky Officials Chair**

Patty Rouse: [coachpattyrouse@gmail.com](mailto:coachpattyrouse@gmail.com)

#### **LOC Volunteer Coordinator**

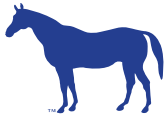
Leah Park: [leah@grassroots.run](mailto:leah@grassroots.run)

#### **Other Members**

Frank Newton: [f11n1j5r4@gmail.com](mailto:f11n1j5r4@gmail.com)

Joy Lacy: [lacyjoy79@aol.com](mailto:lacyjoy79@aol.com)

## Event Websites



VISITLEX

[www.visitlex.com](http://www.visitlex.com)



[www.kentucky.usatf.org](http://www.kentucky.usatf.org)



[www.athletic.net](http://www.athletic.net)



[www.gofftent.com](http://www.gofftent.com)

## Event Schedule Thursday, December 9, 2021

Packet Pickup	Clarion North	12:00 PM to 8:00 PM
Merchandise Sales	Clarion North	12:00 PM to 8:00 PM

## Friday, December 10, 2021

Packet Pick Up	Clarion North	8:00 AM to 7:00 PM
Merchandise Sales	Clarion North	8:00 AM to 7:00 PM
Merchandise Sales	Bourbon Co Park	10:00 AM to 4:00 PM
Course Open	Bourbon Co Park	10:00 AM to 4:00 PM
Course Walk **	Bourbon Co Park	12:00 PM
Course Walk **	Bourbon Co Park	2:00 PM

## Saturday, December 11, 21

Packet Pick Up	Bourbon Co Park	7:00 AM to 1:00 PM
Merchandise Sales	Bourbon Co Park	7:00 AM to 5:00 PM
Course Preview	Bourbon Co Park	7:00 AM
Start of First Race	Bourbon Co Park	9:00 AM
7 & 8 Girls 2k	Bourbon Co Park	9:00 AM
7 & 8 Boys 2k	Bourbon Co Park	9:30 AM
9-10 Girls 3k	Bourbon Co Park	10:00 AM
9-10 Boys 3k	Bourbon Co Park	10:30 AM
11-12 Girls 3k	Bourbon Co Park	11:00 PM
11-12 Boys 3k	Bourbon Co Park	11:30 PM
13-14 Girls 4k	Bourbon Co Park	12:30 PM
13-14 Boys 4k	Bourbon Co Park	1:15 PM
15-16 & 17-18 Girls 5k	Bourbon Co Park	2:00 PM
15-16 & 17-18 Boys 5k	Bourbon Co Park	2:45 PM

## Competition Information

### Online entry forms and fees for the National Championships

Athletes can register on [www.athletic.net](http://www.athletic.net). The non-refundable entry fee of \$20 per individual must be submitted online at the time of registration.

Entries cannot be accepted by any other method. **Late and on-site entries will not be accepted for this competition.**

### Divisions

There are five male and five female divisions. Each athlete must participate in his/her own division in the meet. The year of birth will determine the age division in which the athlete will compete.

<b>Division</b>	<b>Gender</b>	<b>Distance</b>	<b>Check In</b>	<b>Race</b>
7-8 YEARS/2013 and 2014	GIRLS	2 KM (1.24 MILES)	8:45 AM	9:00 AM
7-8 YEARS/2013 and 2014	BOYS	2 KM (1.24 MILES)	9:15 AM	9:30 AM
9-10 YEARS/2011-12	GIRLS	3 KM (1.86 MILES)	9:45 AM	10:00 AM
9-10 YEARS/2011-12	BOYS	3 KM (1.86 MILES)	10:15 AM	10:30 AM
11-12 YEARS/2009-10	GIRLS	3 KM (1.86 MILES)	10:45 AM	11:00 AM
11-12 YEARS/2009-10	BOYS	3 KM (1.86 MILES)	11:15 AM	11:30 AM
13-14 YEARS/2007-2008	GIRLS	4 KM (2.48 MILES)	12:15 PM	12:30 PM
13-14 YEARS/2007-2008	BOYS	4 KM (2.48 MILES)	1:00 PM	1:15 PM
15-18 YEARS/2003-06	GIRLS	5 KM (3.1 MILES)	1:45 PM	2:00 PM
15-18 YEARS/2003-06	BOYS	5 KM (3.1 MILES)	2:30 PM	2:45 PM

### **Athlete Check-In**

All athletes must report to the staging area at least 15 minutes prior to the start of their respective races; and only competing athletes will be allowed in the check-in area. Please observe all areas that are roped off and please obey all course monitors and their direction. Individuals and teams will have designated starting boxes.

### **Bib Numbers and Chip Timers**

We will be using chips on the bibs. They will be assigned and in the packets.

### **Starting Boxes**

Boxes will be assigned randomly and will vary in each race. Clerks will be assigning boxes at the line. In the event of any changes, teams and individuals are expected to follow any directions given by the clerks or other USATF personnel.

### **Uniforms**

Each competitor on an entered team must have a jersey or singlet that is basically identical in color and style to those worn by his/her teammates. The team jersey must be clearly visible throughout the entire race. This means the team jersey should be worn as the outside layer of the clothing if other garments are worn during the race. Athletes who are unattached or who compete for a team not in the team competition may wear any

apparel if it is safe, not offensive, and has the athlete's bib number attached to the outside layer.

### **Protests**

A protest site will be set up at the meet venue. Protests relating to matters which develop during the conduct of the competition must be made to the meet referee at once and not later than 30 minutes after a result has been announced. The fee to file a protest is \$100. The fee will be returned if the protest is upheld.

### **Team Scoring**

Team scoring is divided into five divisions for boys and five divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete.

<b>Team Division</b>	
7 & 8	2013-2014
9-10 Years Old	2011-2012
11-12 Years Old	2009-2010
13-14 Years Old	2007-2008
15-18 Years Old	2003-2006

## **General Information**

### **Address for Bourbon County Park:**

1054 Millersburg Road

Paris, KY 40361

\*Follow message boards to appropriate parking locations\*

### **Address for Clarion Hotel Conference Center-North:**

1950 Newtown Pike

Lexington, KY 40511

## **Event Merchandise**

USATF Official merchandise will be available at packet pick up, during the event, and online. Fine Design will also be available at packet pick up, during the event, and online.

## **Team Tent Area**

Tents will not be allowed to be brought in from the outside. You must rent tents through Goff tents. Website is <http://www.gofftents.com/tent>  
Phone: 859-887-5272.

## **First Aid**

A medical tent with appropriate personnel will be on-site at the finish line.

## **ADA Accommodations**

Accommodations USATF has specific procedures to be followed by disabled athletes wishing to compete in competitions against able-bodied athletes. Please note that the disabled athlete must first meet the eligibility requirements applicable to the relevant competition, including having achieved the required qualifying standard, if any. The disabled athlete is responsible for initiating the ADA accommodations request procedures sufficiently in advance to enable USATF to complete the review and decision-making process prior to the relevant competition.

Please visit [www.usatf.org/about/policies](http://www.usatf.org/about/policies) for more information.

## **Weather Conditions**

### **How cold is it in Lexington in December?**

Daytime temperatures usually reach 7°C / 45 F in Lexington in December, falling to -2°C / 28 F at night.

### **How sunny is it in Lexington in December?**

There are normally 3 hours of bright sunshine each day in Lexington in December - that's 34% of daylight hours.

### **Does it rain in Lexington in December?**

There are usually 12 days with some rain in Lexington in December and the average monthly rainfall is 96mm. Rain may fall as snow in this month



## **Medical Centers**

1. Baptist Health Lexington Hospital  
1740 Nicholasville Rd  
Lexington, KY 40503-1431
2. Lexington VA Medical Center - Troy Bowling Campus Hospital  
1101 Veterans Dr  
Lexington, KY 40502
3. UK Albert B. Chandler Hospital - Pavilion A Hospital  
1000 S Limestone St  
Lexington, KY 40506
4. Saint Joseph East Hospital  
150 N Eagle Creek Dr  
Lexington, KY 40509
5. Saint Joseph Hospital  
1 St Joseph Dr  
Lexington, KY 40504
6. Good Samaritan Hospital  
310 S Limestone St  
Lexington, KY 40508

## **Parking**

There is ample parking adjacent to the course. A special area will be provided for handicap, buses, and RV's. No RV hook ups and no overnight parking.

## **Results**

Live results will be available on the following webpage as well as at the course. [www.live.dcracetiming.com](http://www.live.dcracetiming.com)

## Transportation

Blue Grass Airport (LEX)  
4000 Terminal Drive  
Lexington, KY 40510

How early should I arrive for my flight?

We recommend passengers arrive 90 minutes prior to their flight. This will provide ample time to park, check in with your airline and pass through the security checkpoint. For up-to-the-minute security wait times, visit the Transportation Security Administration's website.

Can I drive up to the terminal to drop off or pick up passengers?

Vehicles are allowed curbside as long as they are actively loading or unloading. No parking or standing is permitted. Due to strict security guidelines, unattended vehicles will be towed. The best place to meet arriving passengers is in the baggage claim area on the first floor of the terminal. Individuals may park in short-term or long-term parking for free for the first 30 minutes or can wait for free in our new Cell Phone Waiting Lot.

What is the Cell Phone Waiting Lot?

The Cell Phone Waiting Lot provides individuals with free parking while waiting on arriving passengers. Located on the driver's right side upon entering the airport via the main terminal entrance, drivers can connect with arriving passengers through their cell phone and then once their party arrives, they can meet them at the curb for active loading.

Do I need a boarding pass to get through the security checkpoint?

The Transportation Security Administration only permits ticketed passengers with boarding passes through the security checkpoint. If you need to accompany small children or someone needing assistance, you can make special arrangements for a non-flying guest pass through your airline. The Club at Blue Grass customers are also permitted through checkpoint with 24 hours advance notice and a meeting room reservation.

How many bags can I bring through the security checkpoint?

Each traveler is permitted one carry-on bag and one personal item such as a purse, briefcase or laptop computer.

What items are prohibited through the security checkpoint?

Certain items are prohibited through the security checkpoint due to safety concerns. Before packing for your trip, visit the Transportation Security Administration's website for a complete list of prohibited items.

### Ground Transportation

Getting to and from Blue Grass Airport is simple and convenient! If you are in need of transportation, there are rental cars, taxicabs, limousines, shuttles and hotel courtesy vans at your disposal.

### Rental Car Services

Rental car service counters are located in the baggage claim area on the first level of the terminal. The airport's spacious rental car facility provides a central pick-up and drop-off location for car rentals. Located directly next to the terminal, the rental car facility is covered so travelers are protected from inclement weather. For car reservations, please contact the rental car agencies directly.

#### Alamo

800.462.5266

#### Avis Rent-A-Car

800.230.4898

#### Budget Car Rental

800.527.0700

#### Dollar Rent A Car

800.800.4000

#### Enterprise Rent-A-Car

800.261.7331

#### Hertz Rent-A-Car

800.654.3131

#### National Car Rental

800.227.7368

### Shuttle, Taxi and Limousine Service

Taxis are available outside the terminal by the baggage claim exit. Below is a listing of taxi companies that provide service departing from Blue Grass Airport. Meters typically begin at \$4.50, with fares running approximately \$.35 each 1/10 of a mile (\$3.50 per mile), valid for up to four individuals. (Pricing is subject to change. Please contact the individual taxi company for additional information.)

#### AIRPORTAXI

859.489.0312

#### Five Star Taxi

502.395.8748

Grab  
859.489.0312

Lex Rides  
859.475.2360

Lex Taxi  
859.270.6266

UB Cab  
859.489.4526

#### Ride App Services

Lyft and Uber provide passenger pick-up and drop-off services at the terminal curbside. Follow signage in terminal to the designated Ride App Pick-Up area located curbside in between the terminal and rental cart facility.

#### LexTran Bus Service

The Transit Authority of Lexington (LexTran) offers an express route from Blue Grass Airport to the downtown Transit Center on Vine Street. This shuttle service is offered Monday through Friday from 6 am to 6 pm. A designated pick-up location can be found curbside at Blue Grass Airport. For more information, visit [www.lextran.com](http://www.lextran.com).

#### Hotel Courtesy Vans

Many local hotels provide shuttle service to and from Blue Grass Airport. Direct line courtesy telephones to the hotels are located next to Baggage Claim. For additional information, contact your hotel.