



2023 USATF
Region 14
Junior Olympic Cross Country
Championships
(Regionals to Nationals)

Sunday, November 26, 2023

Tesoro Viejo Welcome Center, 4150 Town Center Blvd,
Madera, CA. 93636

AGE DIVISIONS, DISTANCE & TIMES:

Age Division	Distance	Time – Boys will follow Girls
	PACKAGE PICKUP	8:00 AM
	COURSE WALK	9:00 AM
8 & Under (born 2015 or after)	2 km (1.24 miles)	10:00 AM
9 & 10 (born 2013-2014)	3 km (1.86 miles)	10:25 AM/10:50 AM
11 & 12 (born 2011-2012)	3 km (1.86 miles)	11:15 AM/11:40 AM
13 & 14 (born 2009 –2010)	4 km (2.48 miles)	12:05 PM/12:30 PM
15 & 16 (born 2007–2008)	5 km (3.1 miles)	12:50 PM
17 & 18 (born 2005-2006)	5 km (3.1 miles)	12:50 PM

*5K may be combined, if there are less than 25 or more entrants per age/gender.

*Age is determined as of 12/31/2023. Athletes must turn 7 years old by 12/31/2023 to compete at the National JO Cross Country Championships.

MEET DIRECTOR: Kelly Huerta

E-mail: president@centralcalifornia.usatf.org

DATE/ TIME: Sunday, November 26, 2023, at 10:00 a.m. Course walk will be at 9:00 a.m.



PARKING DIRECTIONS: There will be no fee for parking. Use the address provided to access parking on Tesoro Viejo Blvd, follow the event parking signs. Walk to event assembly point at Tesoro Viejo Welcome Center.

COURSE: The course is a mixture of dirt trail and paved roads (no grass). Course maps will be posted on athletic.net. Running or trail shoes are recommended. **Spikes ARE NOT permitted!**

PREREQUISITE: Registration opens on **Monday, November 20th, 2023, at 5:00 p.m.** Qualifiers will have advanced from their areas association championships. Entries must be completed by **Wednesday, November 22nd, 2023, at 11:59 p.m. PST.** This is a firm deadline. Athletes not registered by this time will not compete in the meet. Please do not wait until the last minute as there can be several time consuming and technically challenging steps.

ADVANCEMENTS (from Regionals to Nationals): Top **30** individuals and top **5** teams in each age group will advance to the National Junior Olympic Championships. Age groups 15-16 and 17-18 will be combined in team scoring only, the top 5 teams will advance. The National Junior Olympic Championships will be held on **Saturday, December 9th, 2023** at **E.P. "Tom" Sawyer Park, 3000 Freys Hill Road, Louisville, KY 40241**

WAIVERS: Per USATF Rule 306.3 (f): "Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional if their Association meet date conflicts with their school competition. Conflict means both meets are held within 48 hours of the other. A Team may also be advanced provided that all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate. This Roster must have been submitted by the Registration Deadline of the Association meet and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional coordinator."

To qualify for individual waiver into the 2023 Region 14 Cross Country Junior Olympic Championships, an athlete must:

- Enter in the Pacific Association or Central California Association JO XC Championships to be held on 11/19/2023
- Compete in a qualifying high school or collegiate competition within 48-hours of the association championships or compete in the CIF Championships on 11/25/2023.



- Email request for waiver with evidence of participation in a qualifying meet to dlaw222@aol.com and president@centralcalifornia.usatf.org prior to the Central California Association meet entry deadline. Club head-coaches may request team waiver provided they have one or more athletes qualifying for waiver AND “all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate.” Include athlete waiver information and club roster for consideration.

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 prior to registration and participation via the local association office. Please email them if you any questions regarding membership or verification at: membership@centralcalifornia.usatf.org

Teams: Only current registered USATF member clubs in good standing 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 complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

ENTRY FEES & DEADLINES:

On-Line Registration: Must be completed by **Wednesday, November 22nd, 2023** at 11:59 p.m. **ONLY ONLINE ENTRIES WILL BE ACCEPTED.** Please visit <https://www.athletic.net/edit/crosscountry/register/3505379/> to enter.

Individual Entries: **\$15.00** per athlete.

Team Entries: **No charge**

Club Administrators and Unattached Athletes should register online as stated above. **Late entries will not be allowed. Fees must be paid online by the close of registration.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting,

<http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>



TEAMS: Only current registered USATF member clubs in good standing may enter a team. When entering your team into the athletic.net 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 a.m. on the morning of the meet.

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.

RACE TIMES: The first race will start at 10:00 a.m. and we will be on a rolling schedule beginning with the 8U division girls, then boys followed by the next age group girls, etc. It is the responsibility of the coaches and parents to pay attention to which race is on the start 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!

IMPORTANT: After the Course Walk, spectators (including parents and coaches) are not allowed on the course, in the starting area, or in the finishing area. You **CANNOT** pace athletes or spray water on them during the race. Also, **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.

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 to athletes at the registration table on the day of the meet.

EVENT RESULTS: During competition, event results will be posted at the awards table. In addition, event results will be posted at the www.athletic.net website within 3 days of the meet.

AWARDS: USATF Junior Olympic medals will be awarded to the top ten individuals in each age division. Team championship awards will be given to the top team in each division. A team must consist of a minimum of (5) runners and maximum (8) runners per team. Trophies will be awarded at the end of the meet or possibly shipped prior to the National JO Championships.

Please assist us in policing your own area for trash. It takes all of us to keep the facilities willing to allow us to return year after year. Your cooperation will keep us from having to start charging a clean-up fee in the future. Thank you from the CCA Meet Management and Tesoro Viejo Welcome Center.