



2023 USATF
**NATIONAL JUNIOR
OLYMPIC CROSS
COUNTRY
CHAMPIONSHIPS**
LOUISVILLE, KY

EVENT PASSPORT

Louisville, KY
Saturday, December 9, 2023

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Welcome to the "Bluegrass State"

On December 9, 2023 we welcome youth from all over the country for the USA Track & Field National Junior Olympic Cross Country Championships. The Local Organizing Committee and the City of Louisville 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 859-653-5907

LOC Finance/Budget Coordinator

Frank Miklavcic: fmiklavcic2@gmail.com

USATF Kentucky Youth Chair

Leah Park: leahcpark@gmail.com

USATF Kentucky Memberships

Vicki Rowland: vrowland77@gmail.com

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Patty Rouse: coachpattyrouse@gmail.com

LOC Volunteer Coordinator

Don Harris: harrisdon3807@gmail.com

Other Members

Chiffon Vaughn: bon-bon1967@hotmail.com

Linda Mathis-sarrettl@gmail.com

Event Websites



<https://usatfjoky.com/2023-usatf-jo-cross-country>



<https://www.athletic.net/CrossCountry/meet/226649/info>



<http://www.gotolouisville.com/>

<https://www.gotolouisville.com/things-to-do/>

<https://www.gotolouisville.com/restaurants/>

Sign up for email and text message alerts:

<https://lp.constantcontactpages.com/su/rxLYke5/spring>

Competition Information

Qualifying

Where an Association holds preliminary meets, these will serve as qualifiers for its Championships; Association Championships are qualifiers for Regional Championships, and the Regionals are qualifiers for the Nationals.

The number of athletes from Region is top 30 individuals by age group and top five scoring teams

The number of athletes from Association is top 15 individuals by age division and top two scoring teams.

Online entry forms and fees for the National Championships Athletes can register on 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. Entry deadline is 10 pm December 5, 2023. **Late and on-site entries will not be accepted for this competition.**

Event Schedule & 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.

Division	Gender	Distance	Check-in	Race Start
7-8 YEARS/2015-16	GIRLS	2 KM {1.24 MILES}	8:40 AM	9:00 AM
7-8 YEARS/2015-16	BOYS	2 KM {1.24 MILES}	9:20 AM	9:40 AM
9-10 YEARS/2013-14	GIRLS	3 KM {1.86 MILES}	10:00 AM	10:20 AM
9-10 YEARS/2013-14	BOYS	3 KM {1.86 MILES}	10:40 AM	11:00 AM
11-12 YEARS/2011-12	GIRLS	3 KM {1.86 MILES}	11:20 AM	11:40 AM
11-12 YEARS/2011-12	BOYS	3 KM {1.86 MILES}	12:00 PM	12:20 PM
13-14 YEARS/2009-2010	GIRLS	4 KM {2.48 MILES}	12:40 PM	1:00 PM
13-14 YEARS/2009-2010	BOYS	4 KM {2.48 MILES}	1:25 PM	1:45 PM
15-18 YEARS/2005-08	GIRLS	5 KM {3.1 MILES}	2:10 PM	2:30 PM
15-18 YEARS/2005-08	BOYS	5 KM {3.1 MILES}	2:55 PM	3:15 PM

Athlete Check-In

All athletes must report to the staging area at least 20 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.

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.

Team Division	
8 and Under	2015-2016
9-10 Years Old	2013-2014
11-12 Years Old	2011-2012
13-14 Years Old	2009-2010
15-18 Years Old	2005-2008

***Per 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 Junior Olympic National Championships**

****The 15-16, 17-18 individual age divisions race times are combined for team scoring purposes per rule 304.5. Individual place medals will still be awarded in these age divisions.**

Awards

7 & 8- Top 25 Individuals Top 3 teams
9& 10- Top 25 Individuals Top 3 teams
11& 12- Top 25 Individuals Top 3 teams
13 & 14- Top 25 Individuals Top 3 teams
15-18 - Top 25 Individuals Top 3 teams

Bib Numbers and Chip Timers

We will be using chips on the bibs. Those will be in the packets already attached to the bib

General Information

**Address for E.P. "Tom" Sawyer Park:
3000 Freys Hill Rd.
Louisville KY 40241**

*Follow Message Boards for parking instructions

**Address for Louisville Marriott East:
1903 Embassy Square Blvd.
Louisville KY 40299**

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1691516172625&key=GRP&app=resvlink>

Hotels

Packet Pickup

All packet pickup will be at the Recreation Building at E.P. "Tom" Sawyer State Park. There will not be packet pickup at the host hotel.

NOTE: Meet management will not be held accountable for individuals missing an event due to late packet pick-up or any other reason. There will be a \$10.00 charge for replacement of all lost bib numbers.

Thursday December 7 12:00 p.m. - 6:00 p.m.

Friday December 8- 9:00 a.m. - 5:00 p.m.

Saturday December 9- 7:00 a.m. - 12:00 p.m

Admission and Parking

There will be no fees for admission or parking at the 2023 USATF JO XC meet

Event Merchandise

USATF Official merchandise will be available at packet pick up in the Recreation Building at E.P. "Tom" Sawyer State Park, 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. If you would like to rent a tent, contact:

Rent and Rave
502-245-9966
Rick Whishman

rick@rentnrave.com

Please be advised, any tent with sides will require a \$175 permit fee per State Park Policy

Tent pricing:

10x10, or 9x10 \$135

10x20 or 9x20 \$200

12x12 \$140—limited quantities

15x15 \$150—Limited quantities

16x16 \$175—Limited quantities

20x20 \$260

20x30 \$390

30x30 \$635

Any tent over 20x20 size will require a temporary structure permit; permit fee will be \$300 per tent over the 20x20 size.

Other tent sizes are available check our website for those.

Rentnrave.com

Walls solid \$3.50 per foot

Clear walls \$4.00 per foot

Window wall \$4.25 per foot

The delivery fee which includes set up and break-down will be \$175.

Logistics Map

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 for more information.

Weather Conditions

How cold is it in Louisville in December?

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

How sunny is it in Louisville in December?

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

Does it rain in Louisville in December?

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

Medical Centers

Baptist Health

1150 Forest Bridge Rd building b, Louisville, KY 40223

Norton Brownsboro Hospital

4960 Norton Healthcare Blvd, Louisville, KY 40241

Course Maps

SK Map

4K Map

3K Map

2K Map

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.

Parking MAP

Results

Live results will be available on the following webpage as well as at the course.

www.dct.live

Transportation

Louisville Muhammad Ali International Airport

600 Terminal Drive

Louisville, KY 4020

www.flylouisville.com

How early should I arrive for my flight?

We recommend passengers arrive 90 minutes prior to their flight and 2 hours if you are flying international. 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 lower level of the terminal. Individuals may wait in their vehicle until guests arrive and call your cell, using the Express Shuttle Lot that offers a 2-hour grace period at no charge. If you would like to come inside the terminal to greet your party, there is a parking garage with an hourly rate of \$2 per hour.

What is the Express Shuttle Lot?

The Express Shuttle Lot provides individuals with free parking while waiting on arriving passengers. Located past the terminal entrance (follow the signs), 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. There is a 2-hour grace period where parking is complimentary.

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.

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.
<https://www.tsa.gov/travel/security-screening/whatcanibring/all>

Ground Transportation

Getting to and from Louisville Muhammad Ali International 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 and is located on the lower level next

to baggage claim,. For car reservations, please contact the rental car agencies directly.

Alamo

800.462.5266

Avis Rent-A-Car

800.331.1212

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

Payless Car Rental

800.729.5377

Thrifty Car Rental

800.847.4389

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 Louisville Muhammad Ali 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.)

Taxi Service

zTrip

502.777.7777

Medical/ADA Transportation

Able Care Transportation

502.936.9154

Alpha Medical

502.936.9154

Care Conexion

502.466.7000

Tarc3

502.213.3217

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.

TARC Bus Service

Transit Authority of River City (TARC) will provide to and from service to the airport, while schedules can be found at the airport information booth. To find out more information please call 502.585.1234 or visit www.ridetarc.org.

Hotel Courtesy Vans

Many local hotels provide shuttle service to and from Muhammad Ali International Airport. For more information please visit the airport information booth located on the lower level near baggage claim.