



2009 USATF REGION III JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS



Hosted by
USA Track and Field South Carolina Association
November 21, 2009
Roger Milliken Center
910 Milliken Road, Spartanburg, South Carolina

Age Divisions	Born	Distance	Girls	Boys	
Sub-Bantam	8 & Under	2001 & Later**	2K	10:00 a.m.	10:15 a.m.
Bantam	10 & Under	1999 & Later	3K	10:40 a.m.	11:05 a.m.
Midget	11 & 12	1997 – 1998	3K	11:30 a.m.	11:55 a.m.
Youth	13 & 14	1995 – 1996	4K	12:20 p.m.	12:50 p.m.
Intermediate	15 & 16	1993 – 1994	5K	1:15 p.m.	1:40 p.m.
Young M/W	17 & 18	1991 – 1992	5K	2:00 p.m.	2:30 p.m.

** The 8 & under age group division does not advance to the National Junior Olympics.

ENTRY FEES: \$15.00 for each participant.

DIVISION RULES: All participants must run in their proper age division. However, 8 & under participants may choose either the 8 & Under or the 10 & under age group at the Association level. At the Regional Championships each athlete must compete in the division they qualified in at the Association Championships. **Remember the 8 & under division may qualify for the Regional Championships, but there will be no 8 & under division at the National Championships.**

ELIGIBILITY: Only athletes that qualified through their USATF Association Championships are eligible to compete in this meet. The top 25 individuals and top 3 teams from the USATF Association Championships in Georgia, North Carolina, Potomac Valley, South Carolina and Virginia qualify for the USATF Region III Championships. Athletes or Teams who compete in their state high school or collegiate championship series may be advanced into their Regional if their Association meet date is in conflict with their school competition. The final decision on granting this waiver will be made by the Regional coordinator. This is not to imply a waiver, nor will any waiver be allowed to advance an athlete into the National Championships.

REGISTRATION: (COACHES PLEASE READ THE FOLLOWING VERY CAREFULLY)

All entry forms must be submitted to the Association Meet Director, Youth Chair or the designated representative during the Association Junior Olympic Championships. All entry forms must be complete with signatures, USATF membership number, entry fees, and birth date verification stamped on the entry form (using one of the following: a copy of the membership card with the birth date verified, a copy of the athlete's birth certification, passport, or government ID). **Incomplete entries will be charged a late fee of an additional \$5.00.** The Association Youth Chair will then send entries to the Region Meet Chair (Valerie Beesley). **Entries cannot be submitted by coaches, athletes, parents, or by any other method. Please contact your Youth Chair for questions:**

Georgia – Inez Finch - 770-977-1850

South Carolina – Valerie Beesley - 864-943-9059

North Carolina – Frank Davis - 919-477-8179

Virginia – Dwight Porter – 757-926-4557

Potomac Valley – Henry McCallum (Region III Coordinator) – 301-322-7356

AWARDS: USATF Region Championship medals will be awarded to the first twenty finishers in each age division. The top three teams in each division will receive an award.

TEAM ENTRY AND SCORING: The club declaration roster submitted at the Association Championships must be included with individual entry forms for each member of the team designated for entry in the Region III Championships. The names of the team members must be checked on the club declaration roster indicating “A,” “B,” “C,” etc. team to be eligible as scoring members of the team. A team will consist of a minimum of five and a maximum of eight runners with the first five finishers being used to compute the score based on place. The 2009 USATF Competition Rules for Athletics will be followed. An 8 & under team may consist of a minimum of three and a maximum of five runners with the first three finishers being scored.

THE COURSE: The entire course is a grass surface. Spikes may be useful on the hills or if the course is wet. The course will be open on Friday for warm up on your own. The course is open on Saturday from 8:00 a.m. – 9:30 a.m. A guided course walk will be conducted from 8:30 am to 9:30 am. No one will be allowed on the course for warm up after this time. There is plenty of area for warm up in the adjoining field areas. T-shirts will be on sales. **Restrooms** are located in the parking lot.

NUMBERS: The race numbers are to be worn on the front of your singlet or shirt and pinned in a flat manner. **Do not tear off strips!!!** To receive numbers see packet pick-up.

NATIONALS: The top 20 individuals and top 3 teams from the USATF Region III Championships will qualify for the USATF National Championships. The meet will be held on Saturday, **December 12th, 2009, San Rafael Regionals park, Reno, Nevada.** Declaration and registration for the USATF National Cross Country Championships must be made at the USATF Region III Championships on Saturday, November 21st, 2009. (NO Late Entries will be accepted!!!!) The individual entry fee of \$20.00 for the National Championships must be paid in cash or money order and submitted with a complete entry form.

FACILITY RULES & GUIDELINES:

1. Remember we are guests of the Roger Milliken Center.
2. Barbecuing will not be allowed on site.
3. Please **DO NOT** bring loud radios or music, **pets**, or unnecessary distractions to the meet.
4. Please keep the facility clean. Place trash in the waste receptacles near you before leaving.
5. Alcoholic beverages will not be allowed.
6. **ABSOLUTELY NO PARKING ON THE GRASS. PARKING ONLY IN THE PARKING LOT.**

For USA Cross Country Rules see Rule 304 and Rule 305.3. For Apparel see Rule 253.

PACKET PICK-UP: The race numbers may be picked up on Friday from 6:00 pm to 8:00 pm at the Fairfield Inn as below and from 8:00 am to 2:00 pm, November 21st at the competition site. Teams should have a designated person to pick up entire team package. Race numbers will be available at the race course at 8 a.m. on Saturday, November 21st.

HOTELS: Contact hotel directly for these rates. You must mention the code USA Track & Field to receive the rate.

Fairfield Inn, 160 Samuel Road, Spartanburg, SC. 864-542-0333. \$64.00 Double Occupancy. Free continental breakfast. 2 miles from course.

Country Hearth Inn, 200 International Drive, Spartanburg, SC. 864-576-5220. \$45.00 Double occupancy. Free continental breakfast, indoor pool, restaurant and lounge on site. 5 miles to course.

Radisson Hotel & Suites, 9027 Fairforest Road, Spartanburg, SC. 864-574-2111. \$75.00 Double occupancy. Indoor Pool, restaurant on site. 7 miles to course.

***DIRECTIONS:**

From Spartanburg, Greenville, Columbia and Asheville – 85 to Exit 69 (I 85 North Business) then take Exit 5B. Follow the signs to parking area.

From Charlotte – 85 take exit 77 (I85 Business) then take exit 6. Take a left over the bridge. Follow USATF signs to parking area.

Using Highway 26 to travel – exit 19B and follow the above.

ADDITIONAL INFORMATION: Valerie Beesley: home 864-943-9059, cell 864-993-3478.