

**THE GEORGIA ASSOCIATION of
USA TRACK & FIELD**

Presents the

**2009 CROSS COUNTRY JUNIOR OLYMPICS
ASSOCIATION CHAMPIONSHIPS**

Sanctioned

Saturday, November 14, 2009
Jacqui Collins, Meet Director
jacquicyd@bellsouth.net

Clinton Farm/Nature Preserve
Ephesus Church Road
(Douglas County) Winston, GA 30187

Age Division	Distance	Girls	Boys
Sub-Bantams 8 & UNDER (BORN 2001 & AFTER)**	2 K	10:00 AM	10:15 AM
Bantams 10 & UNDER (BORN 1999 & AFTER)	3 K	10:30	10:50
Midgets 11 & 12 (BORN 1997 OR 1998)	3 K	11:15	11:35
Youths 13 & 14 (BORN 1995 OR 1996)	4 K	12:00 Noon	12:30
Intermediates 15 & 16 (BORN 1993 OR 1994)*** and	5K	12:00 Noon	12:30
Young M/W 17 & 18 (BORN 1991 OR 1992)***	5K	1:00	1:30

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

*** Intermediate Girls and Young Women and Intermediate Boys and Young Men races will run together, but will be scored separately.

ENTRY FEES: \$10.00 for each participant. There is no additional charge for entry of a team from a USATF member

AGE-DIVISION

RULES: All participants must run in their proper age division. However, 8 & under participants may choose the 8 & under or the 10 & under age group at the Association level. At the Regional Championships each athlete must compete in the division in which they qualified during the Association Championships. **Remember the 8 & Under division may qualify for the Regional Championships, but the 8 & Under division will NOT be contested at Nationals in Reno, Nevada.**

USATF TEAM

ELIGIBILITY: To run as team and score as a team, you **must** be a USATF Registered Club with a club number prior to the Association meet. High School Teams are **not** USATF clubs. Club registration is \$60.00. For **Club Registration** forms contact Inez Finch 770--977-1850 or E-mail at inezfinch@aol.com or jacquicyd@bellsouth.net

To register a team in the Association meet, you must complete The Team Entry/Advancement and Declaration Roster. All athletes on a team roster must be in the same age group, must be USATF members of the club, and must also complete an individual Multi-Level entry form. Athletes cannot move up or down from one age group to another to run on a team. (New Rule- If all athletes on your team conflict with the high school championship, the entire team can get a "Bye."). This year the Georgia High School Championship is **not** in Conflict.

INDIVIDUAL

ELIGIBILITY: Only athletes with a USATF membership number residing in Georgia are eligible to compete in this meet. **The 2009 Membership numbers are valid for this Cross Country season through 12/31/2009. If an athlete needs a new USATF Membership Number, the 2010 Membership cards should be purchased online on or after October 15, 2009.** The Website address is www.usatf.org/membership. The cost for Youth Membership is \$20. **Payment options- "VISA" credit card only accepted by USATF or Electronic Funds Transfer ("Electronic Check").** Follow instructions to register membership on website. You will immediately receive your new number. **Once you receive your USATF Number online, you must fax a copy of birth verification (a birth certificate, driver's license, US Government ID, or passport are acceptable) to 404-935-9046 or email to bommicin@bellsouth.net.** It is helpful to write the USATF number on the proof of birth. **Copies must be clear and readable.**

REGISTRATION: (COACHES PLEASE READ THE FOLLOWING VERY CAREFULLY)
On-Line Entry Deadline November 12, 2009
On-line Registration, go to www.coachO.com

Follow the easy steps:

1. You must have a USATF Membership Number to register. If you do not have a membership number, go to www.usatfgeorgia.org/membership and purchase a number. **Membership Number Deadline-November 12, 2009.** FAX Birth Verification to 404-935-9046. **Wait 24 hour, then process entry.**
2. Enter Membership number. Complete all information, **if birth is not verified**, entries cannot be completed.
3. Pay total amount. You may use credit card or debit.
4. **All Team Entry/Advancement and Declaration Rosters must be submitted by the entry deadline of November 12 2009** You may fax to **770-528-0307** or email to jacquicyd@bellsouth.net or mail to the mailing address below.

As a last resort ONLY, if you cannot register on-line, complete the individual form and, if entering a team, the Team Entry/Advancement and Declaration Rosters. Must be postmarked by **11/11/2009** or hand-delivered by 8:00 PM on **11/12/2009**. Enclose payment (money order or cashier's check) **payable to USATF Georgia Association** of \$10.00 per entry (**Athlete**) to:

USATF Georgia Cross Country Championships
C/O Jacqui Collins
2257 Byron Ct. SW
Marietta, Georgia 30064

If you send by express delivery, **sign waiver to release signature**, so that delivery can be left **without** signature. If you need verification of receipt, please attach a note to the entry form with your email address and you will be notified by email.

No entries will be accepted on-line after November 12, 2009 11:59PM (Sharp). Late fee of \$6.00 for incomplete entries only.

AWARDS: USATF Association Championship medals will be awarded to the first ten finishers in each age division. A special award will be given to the individual winner of each race. The first place team in each division will receive a Championship Award.

TEAM

SCORING: A team may consist of a maximum of eight runners. A team declaration must be submitted with the individual entry forms before the entry deadline. **All Coaches must make scratches at least 1&1/2 hours before each race at the Registration Table. This will be the last opportunity to make changes to any team declarations. You can not add additional names to the roster.** The first five finishers will be used to compute the score based on place. The 2009 USATF Competition Rules for Athletics will be used for the meet scoring. An 8 & Under team may consist of a maximum of five runners with the top three finishers being scored.

THE COURSE: The entire course is grass, dirt surface, and some gravel. Spikes may be useful on the hills or if the course is wet. The course will open at 8:00 AM on Saturday. **The walk-thru will be at 8:30 AM. The course will be closed at 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 fields. No dressing facility or public water is available. **Restrooms** are located in the parking lot near the entrance. There will be a concession stand.

NUMBERS: The race numbers are to be worn on the front of your singlet or shirt and pinned in a flat manner. The race numbers may be picked up on Saturday, November 14 beginning at 8:00 A.M.

FACILITY RULES: 1. No DOGS or PETS!

2. **No loud music; unnecessary distraction; ball, football, or Frisbee throwing**
3. **No barbecuing**
4. **No alcoholic beverages**
5. **No smoking near athletes**
6. **Please keep facility clean. We are guest of Clinton Farm/Preserve. Place trash in waste receptacles.**

REGIONALS: The top 25 individuals and top 3 teams from the USATF Association Championships will qualify for the USATF Region III Championships to be held on Saturday, November 21, in Spartanburg, South Carolina.

Declaration and registration for the USATF Region III Cross Country Championships must be made at the USATF Georgia Association Championships on Saturday, November 14. The individual entry fee of \$15 for the Region III meet must be paid in cash. BRING CORRECT CHANGE!

NATIONALS: The National Championships will be held on Saturday, December 12th at Rancho San Rafael Regional Park in Reno, Nevada. The top 20 athletes and 3 teams at the Region 3 Championships will qualify for the National Championships. Information is available at: www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships

FURTHER

INFORMATION: Jacqui Collins 770-499-2464 or [E-mail- jacquicyd@bellsouth.net](mailto:jacquicyd@bellsouth.net) or Jim Bellon 770-833-9399 or E-mail – jimbellon@comcast.net No Collect Calls will be accepted. Entry forms may be downloaded from our Website at www.usatfga.org/youth.html

There will be an emergency cell phone number on answering machine 404-308-6308 race day only.

RULE 304

NATIONAL CROSS COUNTRY PROGRAM

2 Distances

Bantam and Midget Divisions shall run approximately 3 kilometers, Youth Division shall run approximately 4 kilometers, and the Intermediate and Young Men's/Women's Divisions shall run approximately 5 kilometers. (Sub-Bantams run 2K in Georgia Association and Region III.)

4 Team Scoring

A team shall be comprised of from five to a maximum of eight members. Team scoring shall be by place, in accordance with Rule 7. (Sub-Bantam teams shall comprise of 3 and a maximum of 5 members in Association and Region III only.)

RULE 253-APPAREL

- 1 The jersey or singlet worn by the members of a team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e. worn as the outer garment if T-Shirts are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty.
2. Individuals not complying with paragraph 1 may be disqualified from scoring for a team.

RULE 305

JUNIOR OLYMPICS PROGRAM

3 Cross Country Qualifying Procedures

- (b.) Teams must represent current USATF member clubs; and athletes representing clubs must be registered members of said clubs prior to participation in their Association Championships.
- (c.) All members of the same club listed on the team declaration roster at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of qualifications up to and including the National Championships as long as the team qualifies. In order to declare a team, a club must enter a minimum of 5 and a maximum of 8 athletes by the entry deadline. The composition of the team at each round can change if you submit a change form at the registration at packet pick-up at least 2 hours prior to the race and any athlete changed must be listed on the declaration roster.
- (d.) A region, through a unanimous vote of associations in the region, shall determine the procedure for qualifying from the Regional to the National Junior Olympics cross country championships. The regions may vote for one, but not both, of the following means of qualifying: (i) qualify the top three (3) teams and the top twenty individuals from the regional meet, or (ii) qualify the top team and the top ten (10) individuals directly from the Association Championship.

NOTE: Region III selected option (i) to qualify for the USATF National Junior Olympics cross-country championships.

- (e.) The number of qualifiers from Regional meets is fixed and no alternates may advance. Individuals finishing in the top twenty (20) places and who are also members of the qualifying teams are not displaced so that additional finishers beyond twentieth may not advance. Any team may advance if it has five (5) or more individuals placing in the top twenty (20) in the Regional meet. No team finishing beyond third place may advance based solely upon either or both of the first two teams choosing not to advance.
- (f.) Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional if the Association meet date is in conflict with their school competition. The final decisions on the granting of this waiver will be made by the Regional Coordinator. Conflict means if both meets are 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 decision on the granting of this waiver will be made by the Regional coordinator.**

Rule 305 (1.) (f.) With the approval of the Association Youth Chair, athletes who miss the Association Championship because of extraordinary circumstances may be advanced to the Regional meet so long as such advancement does not displace an athlete who competed in the Association meet and does not exceed the Association's allocation to the Regional meet.

HOTELS- There are many hotels located around I-20 and Arbor Place Mall. You can go to <https://www.usatf.org/members-only/index.asp?page=%2Fmembers%2Fonly%2Fbenefits%2Ffulfillment%2Easp> and go to member benefits and get discounts on hotels with your USATF membership number.

***DIRECTIONS:**

From East (Augusta): Take Interstate 20 West to Exit # 30 Post Road, Turn Left on Post Road Crossing over Interstate 20. Go 0.8 miles. Turn Right on Ephesus Church Road. Go 0.9 miles and Clinton Farm/Nature Preserve is on Right.

From North(Marietta)Take Interstate 75 South or From South (Macon) Take Interstate 75 North to Interstate 20 West to Exit # 30 Post Road, Turn Left on Post Road Crossing over Interstate 20. Go 0.8 miles. Turn Right on Ephesus Church Road. Go 0.9 miles and Clinton Farm/Nature Preserve is on Right.

From West(Carrollton): Take Interstate 20 East to Exit # 30 Post Road, Turn Right on Post Road. Go 0.7 miles. Turn Right on Ephesus Church Road. Go 0.9 miles and Clinton Farm/Nature Preserve is on Right.



Sponsors- Parks and Recreation