

# Southern California Junior Olympic Cross Country Association Championships 2007

**SANCTIONED BY:** Southern California Association / U.S.A. TRACK & FIELD

**DATE/ TIME:** Sunday, November 11<sup>th</sup> 2007 at 9:15 a.m. Course walks at 8:15 a.m.

**LOCATION:** Mt San Antonio Jr College 1100 Grand Ave Walnut, CA 91789

**CO MEET DIRECTOR** Denise Smotherman H#(909) 595-0103 fax# (909) 595-8446 Email [smotgnd52@earthlink.net](mailto:smotgnd52@earthlink.net) or Rod Crowell @

**REGIONAL COORDINATOR** Lori Smith-Thompson For waiver issue (951) 202-6562

**REGISTRATION:** Registrations will open up at 7:15 a.m. and terminate at 10:30 a.m.

**DIVISION** **Sub Bantams Girls/Boys (This will be considered their Championship Meet. 1<sup>st</sup> thru 10<sup>th</sup> will be awarded They will not advance.)**  
**1999 or later 2000 meters**  
**Please choose which distance you want your Sub bantam to run. They will not be able to move up if they run in the SB Championships.**

**DISTANCE:**

Bantam Girls/Bantam Boys	(1997-98 or later)	***** 3000 meters
Midget Girls/ Midget Boys	(1995-96)	***** 3000 meters
Youth Girls/ Youth Boys	(1993-94)	***** 4000 meters
Intermediates Girls &Boys	(1991-92)	***** 5000 meters
Young Women & Men	(1989-90)	***** 5000 meters

**ENTRY FEES:** Association meet fees are Six Dollars (\$6.00) per athletes. .

**MAIL ENTRIES TO Denise Smotherman**  
**165 S Dommer Ave**  
**Walnut Ca 91789**  
**Home # (909) 595-0103 Fax # (909) 595-8446**

**ADVANCEMENT:** Top 25 finishers and the top (3) teams will qualify to go the Regional Championships on November 18th. You must declare prior to leaving the meet on November 11<sup>th</sup>. Failing to do so will mean that you won't be eligible to run in the regional meet the following week. Individual forms and team declaration forms will be available at the meet. However, these same forms are also downloadable on the scausatf.org website.

**AWARDS:** Medals will be given to 1st thru 10th place (If more medals become available I will give them to the top 25 in every division.)

**Team Championship awards will be given to the top three teams in each division. A team must consist of a minimum (5) runners and maximum (8) runners per team. Trophies will be awarded at the end of the meet.**

**COURSE:** Challenging course over asphalt, and dirt trails, with flat and rolling hill combinations, plus switch backs and tough hills. (If the weather is bad we will use the rain course)

**SNACK BAR:** Fruits, muffins, coffee, juices, water, sodas, sports drinks, donuts and hot dogs will be available. T-Shirt and sweatshirts will be sold on site.

**ELIGIBILITY** **To All Runners:** You must have a current USATF membership to compete.

**REQUIREMENTS:** Proof of Birth is required (copy of a birth certificate, passport, certified baptismal record, driver license, or US Government Identification.) Online memberships are available by going to [usatf.org/memberships](http://usatf.org/memberships). If you have any other question regarding memberships please call our association office at (562) 9412621 prior to November 8<sup>th</sup>  
**Teams:** Only registered USATF member clubs may enter a team. **Teams must** submit their completed Team Entry/Declaration form when they pick up their packets at the start of the Association Meet. Failure to do so will mean that your team will not be considered in the team points. List all possible eligible athletes because there will no addition accepted later. Coaches must get approval from **Lori Smith-Thompson**, your Regional Coordinator regarding teams with high school athletes asking for a possible waivers.

**ENTRY DEADLINE:** All team entries must be received no later than November 5, 2007. Early registration helps to ease long lines at registration. Late registration will be for **unattached athletes and correction only** **Waived athletes** generally apply to high school athletes and **ONLY** if there is an openings in the top 25 in that division. First come, first eligible until we reach 25 athletes. Waiver athletes must have all fees and paper work turned in at the Association meet.

**Regional meet fees are \$ 7.00 and must accompany your completed JO application Cash only**

**REGIONAL MEET:** November 18<sup>th</sup> in San Diego, Kit Carson Park 3333 Bear Valley Pky 92027 Escondido, San Diego, Contact person is Mike Mena Meet Director @ 760 414-1908 [socalroadrunners@cox.net](mailto:socalroadrunners@cox.net)

**JO meet fees are \$ 8.00 and must be paid by the end of the Regional meet. Cash only**

**CROSS COUNTRY JUNIOR OLYMPIC: Dec. 8<sup>th</sup> at Rim Rock Farm in Lawrence, Kansas.**

**HOTELS / MOTELS:** The hotels closest to Mt. Sac is the Shilo Suites at Temple and the 57 fwy. There are plenty of other hotels on the 10 fwy and Grand with Restaurants and Major shopping center all within a 5-mile radius. If more information is needed please don't hesitate to call me.

**DIRECTIONS:** Mt. SAC is between the Pomona and San Bernardino Fwys. and west of the Orange Fwy (57)  
From Inland Empire area take San Bernardino Fwy. go west to the (57) Fwy, go south 1 mile to Temple Ave. and turn Rt and go west approximately 2 miles and turn Lt at Bonita and park in Lot R.

From the LA area go east on Pomona Fwy (60) go east to Grand and turn Lt, then go about 2 miles to Temple and turn Rt and then turn Rt at Bonita and park in Lot R. From the LA area go east on the San Bernardino Fwy (10) to Grand exit and turn Rt then go 3 miles to Temple and turn Lt. then go to Bonita and turn Rt and park in Lot R.

From the 210 Fwy go east to Orange Fwy. (57) south and get off at Temple Ave. and go west approximately 2 miles and turn left at Bonita and park in Lot R.

There might be a charge \$ 2.00. So turn into the **South** Bonita parking lot and if there is an attendant there, he may just be there to direct you, and he might be there to charge for parking.. **Bonita and Temple.**

