



2009 United States Track & Field  
Virginia Association  
Junior Olympics Cross - Country Championships



Hosted By:  
USATF Virginia Association  
Hanover County Parks and Recreation

Sunday, November 15, 2009  
Pole Green Park, Mechanicsville, VA

<u>Age Division</u>	<u>Distance</u>	<u>Race Starts - Girls/Boys</u>
Sub - Bantam (born 2001 and later)	2k	10:00 AM
Bantam (born 1999 and later)	3k	10:35 AM
Midget (born 1997 - 1998)	3k	11:05 AM
Youth (born 1995 - 1996)	4k	11:35 AM
Intermediate (born 1993 - 1994)	5k	12:15 PM
Young Men/Women (born 1991 - 1992)	5k	12:15 PM

**\*\* The Sub - Bantam age division will not advance to the USATF National Cross - Country Championships. \*\***

**All events will be held in the following order: Youngest division running first. Girls and boys may run together but will be scored separately per age division and gender.**

**Sanction:** USA Track & Field Virginia Association qualifying meet for the 2009 USATF National Cross - Country Championships.

**Entry Fees:** \$10.00 for each participant. Online entries will be available at [www.virginia.usatf.org](http://www.virginia.usatf.org) beginning in October.  
**ALL ATHLETES MUST HAVE A CURRENT & VALID USATF MEMBERSHIP**

**Division**

**Rules:** All participants must run in their proper age division. The 8 and under participants may choose the 8 and under or the 10 and under age group at the Association Level Only. At the Regional Championships each athlete must compete in the division for which they qualified at the Association-level. **Remember the Sub - Bantam division may qualify for the Regional Championships, but there WILL NOT be a Sub - Bantam division at the National Championships.**

**COACHES! PLEASE READ THE FOLLOWING VERY CAREFULLY!**

**Eligibility & Registration:**

All participants must meet the following criteria:

1. Participant must be a resident of the State of Virginia.
2. Participant **MUST** have a current & valid 2009 USATF Membership Card. Visit [www.usatf.org](http://www.usatf.org) to obtain membership number prior to registering for the meet. Membership cards **CANNOT** be obtained at the meet. **NO ENTRIES** will be accepted without valid membership numbers.
3. Teams must possess a 2009 Club Membership Number. Visit [www.usatf.org](http://www.usatf.org) to obtain a Club application. Application must be completed and forwarded to USATF-Virginia Association, 8010 Cameron Road, Richmond, VA 23229. Please allow ample time for Club application to be processed.

**Awards:** USATF Virginia Association Championship Medals will be awarded to the first ten (10) finishers in each age division

**Team Entry  
& scoring:**

The Club Declaration Roster submitted at the USATF Virginia Association Championships must accompany the teams individual entry forms for each member of the team designated for entry into the USATF Region III Championships. The names of the team members must be checked off on the back of the Club Declaration Roster to be eligible as scoring members of the team. The first five (5) finishers declared at team members on the Club Declaration Roster will be used to compute the score based on place. The 2009 USATF Competition Rules for Youth Athletics will be followed. **A Sub - Bantam team may be consisted of a minimum of three (3) and a maximum of five (5) finishers being scored.**

**Course Info:**

The course will open at 8:30 AM on Sunday November 15, 2009. The walk-thru will be at 8:45 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 are plenty of areas for warming up in the adjacent fields. Restroom facilities and a First - Aid Station will be available. No dressing facility is available.

**Numbers:**

Race Numbers are to worn on the front of the singlet or shirt and pinned in a flat manner. Race Numbers can be picked up on Sunday November 15, 2009 at Pole Green Park from 8:00 - 10:00 AM.

**Qualifiers:**

**The top twenty (20) and the top three (3) teams within the USATF Virginia Association JO XC Championships will qualify and advance to the USATF Region III JO XC Championships. The meet will be held Saturday, November 21, 2008 at Roger Milliken Center, Spartanburg, SC. Please remember, declaration and registration for the USATF Region III Cross - Country Championships must be made at the USATF Virginia Association Championships on Sunday, November 15, 2009. The individual entry fee is \$15.00 for participation in the Region III Cross - Country Championships must be paid in CASH prior to leaving the Association Championships. No club or personal checks will be accepted.**

**Individuals:**

Unattached athletes may compete without club or team affiliation.

**Further**

**Information:**

Contact Dwight Porter, USATF-Virginia Association Youth Chair by Phone at 757.926.4557 or Email at [dpo5517738@cox.net](mailto:dpo5517738@cox.net). NO Collect Calls will be accepted.

**Facility Guidelines:**

1. Remember, we are guests of Pole Green Park.
2. Barbecuing or picnicking will not be allowed in the park.
3. Please **DO NOT** bring loud radios/music or any other unnecessary distractions to the meet.
4. Please keep Pole Green Park Clean. There are trash receptacles throughout the park. Please use them.
5. The use or possession of alcohol or any other illegal substances is not allowed and will not be tolerated.
6. **NO PETS** will be allowed on the course.

**Directions to Pole Green Park:**

**From the East -**

Take I-64 Westbound to I-295 Northbound. Follow I-295 Northbound to exit 38-A (Pole Green Road). Travel Eastbound on Pole Green Road for approx. 3.9 miles. Pole Green Park will be on the left.

**From the West -**

Take I-64 Eastbound to I-295 Southbound. Follow I-295 Southbound to Exit 38-A (Pole Green Road). Travel Eastbound on Pole Green Road approx. for 3.9 miles. Pole Green Park will be on the left.

**From the North -**

Take I-95 Southbound to I-295 Southbound. Follow I-295 Southbound to Exit 38-A (Pole Green Road). Travel Eastbound on Pole Green Road for approx. 3.9 miles. Pole Green Park will be on the left.

**From the East -  
(Route 360)**

Take Route 360 Westbound and turn right onto Route 615 (Walnut Grove Road). Follow Walnut Grove Road for approx. 1 mile to Pole Green Road. Turn left onto Pole Green Road. Travel Westbound on Pole Green Road for approx. 1.5 miles. Pole Green Park will be one right.

**From Richmond -**

Take I-95 Southbound to I-295 Southbound. Follow I-295 Southbound to Exit 38-A (Pole Green Road). Travel Eastbound on Pole Green Road for approx. 3.9 miles. Pole Green Park will be on the left.

# USATF Youth Athletics Supplemental Rules

## Rule 304 National Cross Country Program

### 2. Distances

The Bantam and Midget divisions shall run approximately 3km. The Youth division shall run approximately 4km. The Intermediate and Young Men's/Women's divisions shall run approximately 5km.

### 4. Scoring

A team shall be composed of from five to a maximum of eight members. Team scoring shall be by place, in accordance with Rule 7 which states:

#### Rule 7: Team Scoring

##### 6. Scoring by place:

- (a) The team score shall be the total of the finishing positions of the scoring members. The team with the lowest total points is the team winner.
- (b) Runners of incomplete teams, team entries not declared eligible for team scoring, and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners.
- (c) When separate competitions are conducted simultaneously, each shall be scored independently. Runners on teams not eligible for a given competition will be eliminated from team scoring in that competition.
- (d) In the event of a tie between two or more individual runners, each shall score the number of points determined by dividing the total of the finish places by the number of runners who have tied.

## Rule 305 Junior Olympics Program

### 3. Cross Country qualifying procedures

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

- (a) It is suggested that 25 individuals and 3 teams advance from preliminary meets to Association meets and a like number of individuals and teams advance from Association meets to Regional meets. These numbers may be adjusted by the Association chair and Regional coordinators respectively for the purpose of accommodating their local situations.
- (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)
  - (e) 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 20 individuals from the regional meet, or**
- (ii) Qualify the top team and the top ten (10) individuals directly from the Association Championship.

*Note: USATF Region III selected option (i) to qualify for the USATF National Junior Olympics Cross - Country Championships*

- (f) 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' choose not to advance.
- (g) Athletes 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. Conflict means both 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.