



11/23/2014 (sunday)

USATF Central CA Association Youth JO XC championship 2014.

Updated 11/02/2014

Woodward Park - 7775 Friant Road, Fresno CA 93720

\$5 per car entry to woodward park.

(See direction below).

Food for sale.

T-shirt service for sale.

Meet director:

Tikee Miller

Address:

P.O.Box 70658

Bakersfield CA 93387

Phone: [661-444-6634](tel:661-444-6634)

E-mail: tikeemiller@yahoo.com

Logistic:

Lawrence watson

Lawrencewatsonus@yahoo.com

[661 3168357](tel:661-3168357)

Regional Director:

David lawrence

dlaw222@aol.com

November 23, 2014 sunday.

Cost: \$10.00 per athlete.

Online Entry deadline (Coach O):

11:59PM November 20,2014.

(Age 7 - 8 run first. girls first. See schedule below).

Package pick up: race numbers available the morning of the race.

Awards: medals to top 10 athletes.
Ribbons: 11th, 12th, 13th.
Plaques to the top team in each division.

Top 30 athletes, top 5 clubs (each age division) advance to Region 14 youth XC Championship.
Top 30 athletes, top 5 clubs (each age division) from Region 14 XC Championship advance to Usatf National youth cross country championship.

Youth Athletics 2014 age group:

8 and under (2006 and later). (Group 1).*
9 and 10 (2004 to 2005). (Group 2).
11 and 12 (2002 to 2003). (Group 3).
13 and 14 (2000 to 2001). (Group 4).
15 and 16 (1998 to 1999). (Group 5).
17 and 18 (1996 to 1997). (Group 6).**

Division is determine by year of birth of athlete.

*(2006 and later) (7 - 8) must be 7 year by 12/31/2014 to advance to nationals).

**(athletes who are still 18 through the last day of usatf national junior olympic championship can compete.

Each race may begin 30 Minutes before time listed.

Schedule:

Package pickup. 8AM

Course Walk. 9

2k	*(7 - 8) girls	10:00
2k	*(7 - 8) boys	(following girls)
3k	(9-10) girls	10:25
3k	(9-10) boys	10:50
3k	(11-12) girls	11:15
3k	(11-12) boys	11:40
4k	(13-14) girls	12:05 PM
4k	(13-14) boys	12:30
5k	(15-16) girls	12:50
5k	(15-16) boys	12:50
5k	(17-18) girls**	12:50
5k	(17-18) boys**	12:50

Races may be combined unless there are more than 25 entrants per age/gender.

Teams/ scoring

Usatf clubs. Team member must be from the same association and club.

No more than 8 or less than 5 athletes may be declared by a team (the first 5 declared members of each team shall count in that team's score).

Strategy for advancement:

A Team may change a qualified team , if the athlete is listed from association meet.

Course: rolling hills on grass and varying dirt paths. The Weather is usually in 50's and 60's.

*Athletes must run at association meet to advance to the Region 14 youth XC Championship or the Youth XC National meet.

* Send Waivers for high school athletes who are still running for their high school at the State XC championship before association meet close to :

Regional Director
David Lawrence
dlaw222@aol.com

*A Central CA high school athlete whom will be running at the State High school meet should register at the Association meet even if they will not run. Request your waiver. This will make your advancement to the Region 14 youth XC Championship easier.

How to register for the meet:

*(get an Usatf membership at: www.central-california.usatf.org)

*New athletes need to verify their age (email your 2014 usatf number and birth certificate Tikee miller).

tikeemiller@yahoo.com

*Register for meet at [coach o](http://coach.o).

How to Register for :

USATF Central California Association Junior Olympic cross country Championships.
(2014 November 23, sunday) :

Click below

http://usatfregistration.com/meet/entry/ca_usaxcyouth46/

* all athletes must sign Usatf waiver online on Coach O.

Top 30 athletes, top 5 clubs (each age division) advance to the Region 14 XC youth Championship.

Please go to coach O and advance within 24 hours of the Association meet to the Region 14 XC youth Championship.

<http://www.pausatf.org/data/2014/youth/yxc2014sched.results.html>

Top 30 athletes, top 5 clubs (each age division) advance from the Region 14 XC youth Championship.

Please go to coach O and advance within 24 hours of the Region 14 XC youth Championship to the USATF Youth XC National Championship.

Meet directions:

Woodward Park - 7775 Friant Road, Fresno CA 93720

Direction to Woodward Park:

<http://www.proragegroup.com/woodward.html>

Driving Directions to Woodward Park

Main Entrance located on Audubon Drive between Highway 41 and Friant Road

Note: as of 09/01/07, there is now TWO-way traffic within the Park & admission fee after 7:00 am

South of Fresno – Highway 99 & Highway 41:

Take Highway 99 north.

After Jensen Avenue, take Highway 41 north exit.

Stay on Highway 41 north for about 10 miles.

After Herndon Avenue, take the FRIANT ROAD exit off ramp.

At the bottom of the off ramp, turn right onto FRIANT ROAD.

Stay on FRIANT ROAD for 1/2 mile.

After Fresno Street, the next traffic signal is AUDUBON DRIVE. Get into the left turn lane.

Turn left onto AUDUBON DRIVE. Get into the right lane.

Go west half a block. Entrance to Woodward Park is on the right – north side.

North of Fresno – Avenue 12 & Highway 41:

South of Madera, take Avenue 12 exit. Go east for about 13 miles to Highway 41.

Take Highway 41 south for about 4 miles. Take the BLACKSTONE AVE / FRIANT ROAD exit off ramp.

At the bottom of the off ramp, turn left onto FRIANT ROAD.

Stay on FRIANT ROAD for 3/4 mile.

After Fresno Street, the next traffic signal is AUDUBON DRIVE. Get into the left turn lane.

Turn left onto AUDUBON DRIVE. Get into the right lane.

Go west half a block. Entrance to Woodward Park is on the right – north side.

North of Fresno – Highway 99:

From Highway 99 take HERNDON AVENUE exit off ramp. Just after the San Joaquin River Bridge.

Follow the off ramp to the traffic signal and get into the left turn lane.

Turn left onto HERNDON AVENUE.

Stay on HERNDON AVENUE going east for about 8 miles.

After Maroa Ave., the next traffic signal is BLACKSTONE AVENUE. Get into one of the left turn lanes.

Turn left onto BLACKSTONE AVENUE.

Stay on BLACKSTONE AVENUE going north for about 3 miles.

BLACKSTONE AVENUE goes under Highway 41 and becomes FRIANT ROAD.

Stay on FRIANT ROAD for 3/4 mile.

After Fresno Street, the next traffic signal is AUDUBON DRIVE. Get into the left turn lane.

Turn left onto AUDUBON DRIVE. Get into the right lane.

Go west half a block. Entrance to Woodward Park is on the right – north side.