



Welcome to the 2015

## USATF Central CA Youth XC championship

Sunday November 22, 2015

**Woodward Park** - 7775 Friant Road, Fresno CA 93720

\$5 per car entry fee to enter Woodward park.

(See directions below)

<b>Meet director:</b> Tikee Miller Phone: 661-444-6634 <a href="mailto:tikeemiller@yahoo.com">tikeemiller@yahoo.com</a>	<b>Logistics:</b> Lynell Glover <a href="tel:559-908-0458">559-908-0458</a> <a href="mailto:fresnoflyers@gmail.com">fresnoflyers@gmail.com</a>	<b>Regional Director:</b> David Lawrence <a href="mailto:dlaw222@aol.com">dlaw222@aol.com</a>
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**Cost: \$10.00 per athlete.**

Online Entry deadline: 11:59PM PST November 19, 2015.

[Coach O.](#)

Awards: medals to top 15 athletes.

Plaques to the top team in each division.

Top 30 athletes, top 5 clubs (each age division) advance to Region 14 youth XC Championship on 11/29/2015 at Woodward Park.

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

Youth Athletics 2015 age group:

8 and under	2007 and later	Group 1*
9 and 10	2005 to 2006	Group 2
11 and 12	2003 to 2004	Group 3
13 and 14	2001 to 2002	Group 4
15 and 16	1999 to 2000	Group 5
17 and 18	1997 to 1998	Group 6**

Division is determined by year of birth of athlete.

\*(2007 and later) (7 - 8) must be 7 year by 12/31/2015 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	8:00 AM
	Course Walk	9:00
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) (17-18) girls/boys*	12:50

\*5k may be combine unless there are more than 25 entrants per age / gender.

## **Teams/ scoring:**

Age group 15 - 16 and 17 - 18 will NOT be combined when scored.

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](mailto:dlaw222@aol.com)

CC :  
Meet director:  
Tikee Miller  
Phone: [661-444-6634](tel:661-444-6634)  
[tikeemiller@yahoo.com](mailto:tikeemiller@yahoo.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](http://www.central-california.usatf.org))

\*New athletes need to verify their age ( email your 2015 usatf number and birth certificate Tikee miller). [tikeemiller@yahoo.com](mailto:tikeemiller@yahoo.com)

\*Register for meet at [Coach O.](#)

Woodward Park - 7775 Friant Road, Fresno CA 93720

Directions 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.