

# 2009 USATF Florida Association Junior Olympic Cross Country Championships

Saturday, November 14, 2009

Lake Brantley High School • 991 Sand Lake Drive • Altamonte Springs, FL 32714

## SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
Young (born 1991-1992)	5 km (3.1 miles)	Boys: 2:10 pm Girls: 2:10 pm
Intermediate (born 1993-1994)	5 km (3.1 miles)	Boys: 2:35 pm Girls: 2:35 pm
Youth (born 1995-1996)	4 km (2.48 miles)	Boys: 3:05 pm Girls: 3:05 pm
Midget (born 1997 - 1998)	3 km (1.86 miles)	Boys: 3:45 pm Girls: 3:45 pm
Bantam (born 1999 and later)	3 km (1.86 miles)	Boys: 4:25 pm Girls: 4:25 pm

## ELIGIBILITY REQUIREMENTS:

**Individuals:** Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted with each entry.

**Teams:** Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team a club must submit the Team Entry/Advancement & Declaration Roster form. Only athletes listed on the team declaration roster form will be eligible to represent the club at the Regional or National championships. At each level of in the Junior Olympic program the club must declare at least 5 athletes but not more than 8 as declared scoring team members (specific instructions are on the Team Entry/Advancement & Declaration Roster form).

**TEAM SCORING:** 8 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

**COMPETITION BIB NUMBERS:** All competitors must wear their assigned bib numbers during competition chest-high on the front of their jerseys. Bib numbers will be distributed to athletes at the course located across the street from Lake Brantley High School 991 Sand Lake Road • Altamonte Springs, FL 32714 at 12:00 pm Saturday, November 14, 2009.

**EVENT RESULTS:** During competition, event results will be posted at the finish line of the course. In addition, event results will be posted at [www.florida.usatf.org](http://www.florida.usatf.org) as well as [www.usatf.org](http://www.usatf.org).

**AWARDS:** USATF Junior Olympic medals will be awarded to the top ten individuals in each age division. Awards Ceremony will take place at the course at the conclusion of the meet.

**ADVANCEMENTS:** Top 25 individuals and top 3 teams in each age group and gender will advance to the USATF National Junior Olympic Cross Country Championships. All advancement/entry forms for the USATF National Junior Olympic Cross Country Championships must be completed, paid for, and submitted (cash or money order only) prior to leaving the course at Altamonte Springs, FL on November 14, 2009. The top 20 athletes and 3 teams at the Region 4 Championships will qualify for the USATF National Cross Country Championships.

**2009 USATF National Junior Olympic Cross Country Championships will be held Saturday, December 12, 2009 at Rancho San Rafael Regional Park, Reno Nevada. Information is available at <http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships/>**

## ENTRY FEES & DEADLINES:

**On-line Registration for USATF/FL Regional Cross Country Championships:** [www.steepletiming.com](http://www.steepletiming.com)

**Teams/Athletes please email the following information to [charles\\_harris@scps.k12.fl.us](mailto:charles_harris@scps.k12.fl.us):**

Team Name, Team Contact, Team Address, Team Email, and Requested Password in order to have an account set up.

**Registration Deadline:** Wednesday, November 11, 2009 11:59pm

**Individual Entries:** \$8.00 per athlete.

**Team Entries:** No additional charge. No individual or team entries will be accepted after the registration deadline.

**There will be no on site registration.**

**PAYMENTS:** Payments will be made online at the time of registration.

**CONTACT:** Robin Brown Beamon / Kathy Alvarez  
[rbeamon@miamidade.gov](mailto:rbeamon@miamidade.gov) / [kathya@miamidade.gov](mailto:kathya@miamidade.gov)  
786-315-5225 office



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991 Sand Lake Drive  
Altamonte Springs, FL 32714**

**DIRECTIONS:**

**From Tallahassee:**

I-10 East to I-75 South  
Merge to Florida's Turnpike South  
Exit SR-429 Toll North Exit 267A  
Merge to US-441 South  
Straight to FL-436 East  
Left onto FL-434 North  
Left onto Sand Lake Road  
Approximately 4 hours.

**From Jacksonville:**

I-95 South  
Merge onto I-4 West Exit 260B  
Exit # 94 to SR-434 South  
Turn right onto FL-434 South  
Turn right onto Sand Lake Road.  
Approximately 2 hours.

**From Miami:**

Florida Turnpike North  
Take SR-528 Toll/US-17/US-92/US-441 Orange Blossom Trail Exit 254 Toward Airport.  
Merge onto US-441 North/South Orange Blossom Trail / US-17-92  
Exit on the left toward Orlando  
Merge onto I-4 East  
Take SR-436 Exit # 92 toward Altamonte Springs  
Left onto FL-436 West/East Altamonte Springs Drive/Semorán Blvd  
Follow FL -436 West Semorán Blvd.  
Slight Right onto FL-434  
Turn Left onto Sand Lake Road  
Approximately 4 hours.