



2013 USATF NATIONAL JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

★ SAN ANTONIO, TEXAS ★

December 14, 2013
National Shooting Complex
Culebra & Gass Road
San Antonio, Texas 78253

CHAMPIONSHIPS MANUAL

www.usatf.org/youth

WELCOME TO SAN ANTONIO

This December, close to 4,000 youth athletes will journey to San Antonio, Texas, for the 2013 USATF National Junior Olympic Cross Country Championships. The National Shooting Complex will be the location of the championships. The Shooting Center is the headquarters of the National Skeet Shooting Association and National Sporting Clays Association.

USATF's Junior Olympic Cross Country program is made up of developmental meets in many of USATF's 57 local Associations, which lead to Association Championships, and then to 16 Regional Championships. Thousands participate, and the best of the best will converge at the National Championships in Texas. Competition takes place in six (6) two-year age divisions, with athletes falling between the ages of 7 and 18.

Facility & Course Details

The 2013 National Junior Olympic Cross Country Championships is being held at the National Shooting Complex. The complex spans over 670 acres of Texas Hill Country. Only minutes from the San Antonio airport, it's near Sea World and many hotels and restaurants.

The openness of the start/finish line and a long 700-meter berm will provide excellent spectator views.

There is a 900-meter straightaway to start and finish each race. The course surface is grass. Athletes, families and friends will be able to enjoy the races from all vantage points throughout the races. In addition, the start and finish lines are next to each other.

NO pets will be allowed on the complex unless they are on leashes at all times.

Parking at Shooting Complex

There is abundant free parking at this year's venue. Please follow the directions below to facilitate smooth traffic flow.

Directions from San Antonio Airport

1. Head **northwest** on **E Terminal Dr**
2. Continue onto **Airport Blvd**
3. Turn right onto **NE Interstate 410 Loop**
4. Take the ramp on the left onto **I-410 W**
5. Take exit **9A** toward **Texas 151**
6. Merge onto **NW Loop 410**
7. Slight right toward **Texas 151 Access Rd W**
8. Continue straight onto **Texas 151 Access Rd W**
9. Take the **Texas 151 W** ramp on the left
10. Merge onto **TX-151 W**
11. Take the **1604 S** exit
12. Continue straight
13. Turn left onto **Culebra Rd**
14. Go past the main entrance of the complex and turn left on Gass Rd
15. Follow signs for "USATF Junior Olympic Cross Country Championships"

Directions from San Antonio Hyatt Hill Country Hotel

1. Head **west** on **Hyatt Resort Dr** toward **Rogers Rd**
2. Turn right onto **Texas 151 Access Rd W**
3. Slight left to merge onto **TX-151 W**
4. Take the **1604 S** exit

5. Continue straight
6. Turn left onto **Culebra Rd**
7. Go past the main entrance of the complex and turn left on Gass Rd
8. Follow signs for "USATF Junior Olympic Cross Country Championships"

Event Contact for more information---

Steve McCannon – USATF South Texas Youth Cross Country Chair
 Cell: 512-775-6089 Email: stephen_mccannon@ml.com

For updated meet information, please visit the USATF website at
<http://www.usatf.org/Events---Calendar/2013/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx>

ATHLETE ENTRY INFORMATION

Entry Information

The Junior Olympic program is a series of meets consisting of Association, Regional and National meets. Athletes are required to enter online at the first level of competition, as advancement is based upon performance (i.e., an athlete cannot directly submit an entry form for the Regional competition; he/she must have competed and advanced at the Association meet). Athletes must meet certain eligibility requirements to compete. Qualification dates and locations for your local Association can be found by visiting <http://www.usatf.org/groups/Youth/programs/JuniorOlympics/XC.asp>.

See USATF Competition Rule 305.3 for specific rules on qualifying for the National Championships. Generally, the first 30 individual finishers and first five (5) teams in each age division at the Regional Championships will qualify for the National Championships. Individuals finishing in the top 30 places and who are also members of the qualifying teams are not displaced so that additional finishers beyond thirtieth may not advance. Any team may advance if it has five or more individuals placing in the top 30 in the Regional meet. No team finishing beyond fifth place may advance based solely upon either or both of the first two teams' choosing not to advance.

Athletes and teams from some Associations will qualify directly from their Association Championships as follows: top 15 individuals and top two (2) teams in each age division. **Contact your local association or regional meet director to learn more about how to qualify for the National Championships, or visit the Junior Olympic Cross Country website page.** <http://www.usatf.org/groups/Youth/programs/JuniorOlympics/XC.asp>

Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the National Championships.

Eligibility Requirements

Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions, by visiting usatf.org/About/Competition-Rules.aspx.

The competition will be conducted in six age divisions as follows:

<u>Age Division</u>	<u>Year of Birth*</u>	<u>Distance of Race</u>
8 & under	2005+	2k
9-10	2003-2004	3k
11-12	2001-2002	3k
13-14	1999-2000	4k
15-16	1997-1998	5k
17-18	1995-1996	5k

* Per USATF Competition Rule 300.1 (c), Athletes must be at least seven (7) years of age on December 31 of the current year in order to compete in the Junior Olympic National Cross Country Championships.

A competitor must compete in his/her age division only. There will be no "moving up" in any event.

All athletes must be 2013 members of USATF in good standing.

USATF memberships may be purchased online by visiting usatf.org/Products---Services/Individual-Memberships.aspx or through your local Association Office.

All clubs must be a 2013 USATF member organization.

Online Entry Forms and Fees for the National Championships

The non-refundable entry fee is \$20 per individual and must be submitted online at the time of registration through CoachO.com. Entries cannot be accepted by any other method. Late and onsite entries will not be accepted for this competition.

COMPETITION INFORMATION

Packet Pick - Up Schedule

Date	Time	Location
Thursday, December 12	4 p.m. - 9 p.m.	Hyatt Hill Country Hotel
Friday, December 13	9 a.m. - 4 p.m.	Hyatt Hill Country Hotel
Saturday, December 14	7 a.m. - 1 p.m.	Shooting Complex

Bib, Hip Numbers & Chips

Each athlete will be assigned a front and back bib along with two hip numbers to be worn. Runners will also receive a timing chip, which will be on the front bib. Athletes in all races will be required to wear all of these identifiers on the outer layer of clothing to ensure the races are properly scored.

Athletes must wear the bib number with the chip and the hip numbers assigned to them. If any of these are lost or forgotten, replacements can be supplied at packet pick-up the day of the race for a fee of \$10.

Opening Ceremony

The Opening Ceremonies will be held Friday, December 13 from 6:30 p.m. to 8 p.m. The Opening Ceremonies will be held at Sea World, 10500 Sea World Drive, San Antonio, 78251. Athletes should arrive at the Shamu® Theater in Sea World by 6 p.m., so they can be staged to march into the stadium by Region beginning at 6:30 p.m. Parents and spectators will be able to enter the Theater at 6 p.m. The program will consist of a special show from Sea World's Shamu®!

Pasta Dinner

The pasta dinner will be from 4:00 p.m. - 5:45 p.m. at Sea World's restaurants next to the Shamu® Theater.

Pasta dinner tickets are available online for \$5 for the competing athletes and \$15 for non-competing children/adults. Tickets must be ordered using the link below on the USATF merchandise page.

For more information: <https://www.usatf.org/Events---Calendar/2013/USATF-National-Junior-Olympic-Cross-Country-Champi/Athlete-Info/pasta.aspx>

Sea World Special

All competing athletes will receive a FREE two-day pass to Sea World Park for Saturday, December 14, and Sunday, December 15. Other family members and coaches will be able to purchase a discounted two-day pass for \$48. These passes are only good for December 14+15, 2013. Park hours are noon - 9 p.m. each day.

Tickets can be ordered using this link (<http://www.usatf.org/store/showProducts.asp?category=Tickets>) to reserve the athlete tickets and to buy extra tickets. Extra tickets can be purchased at packet pickup.

Check-In

All athletes must report to the staging area 30 minutes before the start of their races; only competing athletes are allowed in this area. Athletes need to leave their sweats and any other equipment with their coaches/parents before entering the check-in area. When entering the check-in tent, athletes must step on the timing mat to register their number and have their bibs and hip numbers verified.

Please observe all areas that are roped off and please obey all course monitor directions. Individuals and teams will have designated starting positions.

Warm-Up

The warm up area will be located adjacent to starting area (see venue map p. 16) and will be clearly designated with signs.

Starting Box Assignments/ Positions

Positions are randomly assigned and will vary for each race (see p. 17). Clerks will be assigned to the starting line. In the event of any position changes, teams and individuals are expected to follow the directions given by the clerks or other USATF or meet personnel.

Uniforms

Each competitor on a qualifying team must have a jersey or singlet that is basically identical in color and style to those worn by his/her teammates. The team jersey must be clearly visible throughout the race. This means the team jersey should be worn as the outside layer of clothing if other garments are worn during the race. Athletes that are unattached may wear any apparel as long as it is safe, not offensive, and has the athlete's bib numbers attached to the outside layer.

Course Preview

Date	Time	Location
Thursday, December 12	1 p.m.- 5 p.m.	National Shooting Complex
Friday, December 13	8 a.m.- 3 p.m.	National Shooting Complex
Saturday, December 14	7 a.m.– 8:15 a.m.	National Shooting Complex

Awards

Individual awards will be given to the top 25 athletes in each event. Team awards will be given to the top 3 teams in each age division. Awards will be handed out during Closing Ceremonies held on Saturday, December 14 at 7:30 p.m. Site will be announced shortly.

Individual and team awards will include USATF medals and special team awards.

Athletes will be escorted to a photography area for individual and team photos right after they receive their awards.

Protests

Protests relating to matters, which developed during the conduct of the competition must be made at the Protest Table by the Finish Line at once and not later than 30 minutes from the posting of results. The fee to file a protest is \$100, cash only. This fee will be returned if the protest is upheld.

Merchandise

Fine Designs will have unique, specially designed apparel for the 2013 USATF National Junior Olympic Cross Country Championships. The merchandise will be available during packet pick-up at the Hyatt Hill Country meet headquarters hotel, at the course on race day and at the Closing Ceremonies. Please reference the event schedule for merchandise sales times. Memorabilia will include sweatshirts, long sleeve shirts and much more!

Shop official Nike USA Track & Field merchandise by visiting the USATF Shop located in the vendor area. Proceeds from your purchase go directly toward funding USATF initiatives, including elite athlete development, support of Team USA, and programs for youth, masters, officials and Associations.

Photography

The LOC photographer will be taking individual and team photos throughout the JO XC championships weekend. Action photos of individuals and team photos will be taken at the awards ceremony. Information on purchasing photographs will be available on-site or on the photographer's website following the conclusion of the meet. More information will be in the team/athlete packets and on the meet website.

Spectator Areas

Spectators are encouraged to watch the races from the many excellent viewing areas without crossing into the course itself. Areas marked with "**credential access only**" or that are fenced and roped off are not accessible to the spectators. Course marshals will ensure that spectators honor the established boundaries. The course will be closed at 8:15 a.m. on Saturday, December 14, 2013, to everyone except meet officials, course marshals, official meet photographers, and competitors of each event as called by the meet announcer.

First Aid

A medical tent with doctors, athletic trainers, and paramedics will be on-site and at finish line area. The expert staff will ensure a safe and protected environment. Ambulance gators will be follow racers during competition to transport injured athletes back to medical.

ADA Accommodations

USA Track & Field has specific procedures to be followed by disabled athletes that wish to compete in able-bodied competitions against able-bodied athletes. Please note that the disabled athlete must first meet the eligibility requirements applicable to the relevant competition, including having achieved the required qualifying standard, if any. The disabled athlete is responsible for initiating the ADA Accommodation Request procedures sufficiently in advance to enable USATF to complete its review and decision-making process prior to the relevant competition. Please visit www.usatf.org/about/policies for more information.

Results

Results for each race will be posted on designated boards near the finish.

SCHEDULE OF EVENTS*

**Subject to change. Please visit www.usatf.org for latest schedule.*

Thursday, December 12		
Course Open	Shooting Complex	1 p.m. - 5 p.m.
Packet Pickup	Hyatt Hill Country Hotel	4 p.m. - 9 p.m.
Friday, December 13		
Packet Pickup	Hyatt Hill Country Hotel	9 a.m. - 4 p.m.
Merchandise Sale	Hyatt Hill Country Hotel	9 a.m. - 4 p.m.
Course Open	Shooting Complex	9 a.m. - 3 p.m.
Pasta Dinner	Sea World	4 p.m. - 5:45 p.m.
Athletes Arrive for Opening Ceremonies Staging	Sea World	6 p.m.
Opening Ceremonies	Sea World	6:30 p.m.- 8 p.m.
Saturday, December 14		
Packet Pickup	Shooting Complex	7 a.m. - 1 p.m.
Merchandise Sale	Shooting Complex	7a.m.- 3:30 p.m.
Course Preview	Shooting Complex	7a.m. - 8:15 a.m.
8 & under Girls' Race 2K	Shooting Complex	9:00 a.m.
8 & under Boys' Race 2K	Shooting Complex	9:30 a.m.
9-10 Girls' Race 3K	Shooting Complex	10:00 a.m.
9-10 Boys' Race 3K	Shooting Complex	10:30 a.m.
11-12 Girls' Race 3K	Shooting Complex	11:00 a.m.
11-12 Boys' Race 3K	Shooting Complex	11:30 a.m.
13-14 Girls' Race 4K	Shooting Complex	Noon
13-14 Boys' Race 4K	Shooting Complex	12:30 p.m.
15-16 Girls' Race 5K	Shooting Complex	1:00 p.m.
15-16 Boys' Race 5K	Shooting Complex	1:30 p.m.
17-18 Girls' Race 5K	Shooting Complex	2:00 p.m.
17-18 Boys' Race 5K	Shooting Complex	2:30 p.m.
Merchandise Sale	Closing Ceremonies	7:00 p.m.-9 p.m.
Awards Ceremony	Sea World	7:30 p.m.-9 p.m.

HOUSING

The hotels listed below are available at special rates for the USATF National Junior Olympic Cross Country National Championships. All room prices shown below are per room-single/double-per night and do not include tax. Be sure to mention the group code "USATF" to receive the special group rate. Please visit the website for booking deadlines.

Meet Headquarters

HYATT REGENCY HILL COUNTRY RESORT AND SPA

9800 Hyatt Resort Drive, San Antonio, TX 78250, USA

hillcountry.hyatt.com

\$99 per night

For reservations, call 1-800-233-1234 or online at <https://resweb.passkey.com/go/sasusa2013>.

Other Hotels Close To The Course

Courtyard by Marriott NW at the Rim

5731 Rim Pass Drive, San Antonio, TX 78257; (210) 558-7774

www.courtyardtherim.com

Single/Double/Triple @ \$99.00

[Book your group rate: USA Track & Field >>](#)

Embassy Suites Northwest

7750 Briaridge, San Antonio, TX 78230; (210) 340-5421

www.embassysuites.com

Single/Double/Triple @ \$95.00

Complimentary cook-to-order breakfast daily

Complimentary Manager's Evening Reception nightly

Complimentary Airport Shuttle and 3 mile radius of hotel

Complimentary parking

Spacious 2 room suites

Indoor Atrium where groups can gather and network

- *Location is center to the city with easy access to Loop 410 & IH 10*

RESERVATION CODE: USA

Omni San Antonio Hotel at The Colonnade

9821 Colonnade Blvd, San Antonio, TX 78230; (210) 691-8888

www.omnihotels.com

Single-Quad \$99

RESERVATION CODE: 14300106544

Quality Inn & Suites Bandera Pointe

9522 Brimhall Rd., San Antonio, TX 78254; (210) 372-9900

www.qualityinn.com/hotel-san_antonio-texas-TXA56

Single/Double/Triple @ \$79.99

RESERVATION CODE: Ask for X Country Event

Residence Inn by Marriott NW at the Rim

5707 Rim Pass Drive, San Antonio, TX 78257; (210) 561-0200

www.residenceintherim.com

Double @ \$119; Single @ \$99

Our hotel is between the course and SeaWorld.
King rooms have sleeper sofas; Double rooms are 2 queen beds.

[Book your group rate: USA Track & Field >>](#)

TownePlace Suites by Marriott San Antonio Northwest

5014 Prue Rd., San Antonio, TX 78216; (210) 694-5100

www.marriott.com/sattn

Single/Double @ \$85

RESERVATION CODE: Contact Yolanda Cuellar @ (210) 705-0117

A complete listing of hotels offering discounted rates for this event can be found by visiting

www.usatf.org/Events---Calendar/2013/USATF-National-Junior-Olympic-Cross-Country-Champi/Athlete-Info/Hotel-Info.aspx

TRAVEL

The San Antonio International Airport is located 10 miles north of downtown San Antonio and 20 miles east of the National Shooting Complex.

Airlines

Air Tran Airlines	800-247-8726	
American Airlines	800-433-7000	TTY (800) 122-1234
Continental Airlines	800-523-3273	
Delta Airlines	800-221-1212	TTY (800) 831-4488
Frontier Airlines	800-432-1359	
SkyWest Airlines	435-634-3000	
Southwest Airlines	800-435-9792	TTY (800) 533-1305
United Airlines*	800-241-6522	TTY (800) 3231070
US Air Airlines	800-428-4322	TTY(800)245-2966

**Enjoy 5% off United flights to this event. To redeem your discount, visit the event "air travel" page and follow the onscreen instructions.*

Taxi Service

Yellow Cabs SA	210-222-2222
San Antonio Taxis	210-807-6557
A1 Express Taxi	210-434-4444

Van/ Shuttle Service

San Antonio Go Airport Shuttle	210-212-6421
Go Airport Shuttle	210-281-9900
My Shuttle Home	210-681-1454

Train Services

Amtrak	www.amtrak.com/home
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DINING

San Antonio offers a multitude of restaurants near the course and along the I-410, I-151, I-1604 and Culebra highways. The various cuisines and dining experience are sure to provide plenty of options throughout your trip.

1. BJ's Restaurant and Brewhouse

5447 W. Loop 1604 North- San Antonio, TX 78253
2.2 miles east from the National Shooting Range

Hours of operation:

Monday- Thursday 11 a.m. - 12 a.m.

Friday-Sunday 11 a.m. - 1 a.m.

2. Olive Garden

5439 W. Loop 1604 N, San Antonio, TX
2.1 miles east from the National Shooting Range

Hours of operation:

Sunday-Thursday 11 a.m. - 10 p.m. Friday-

Saturday 11 a.m. - 11 p.m.

3. Ruby Tuesday

5607 W Loop 1604 North, San Antonio, TX
2.2 miles East from the National Shooting Range

Hours of operation:

Sunday 10 a.m. - 10 p.m.

Monday-Thursday 11 a.m. - 10 p.m. Friday-

Saturday 11 a.m. - 11 p.m.

4. Chili's Grill & Bar

5790 West Loop 1604 North
2.3 miles east from the National Shooting Range

Hours of operation:

Sunday-Thursday 10:45 a.m. - 11 p.m.

Friday-Saturday 10:45a.m. - 12 a.m.

5. Mama Margie's Mexican Restaurants

10927 Culebra Rd. San Antonio, TX
2.1 miles east of the National Shooting Range

Hours of operation: 24 hours/day

6. Logan's Roadhouse

5423 W Loop 1604 N
2.2 miles east of the National Shooting Complex

Hours of operation:

Sunday-Thursday 11 a.m. - 10 p.m.

Friday-Saturday 11 a.m. - 11 p.m.

7. Jamba Juice

5535 W Loop 1604 N
2.2 miles east of the National Shooting Complex

Hours of operation:

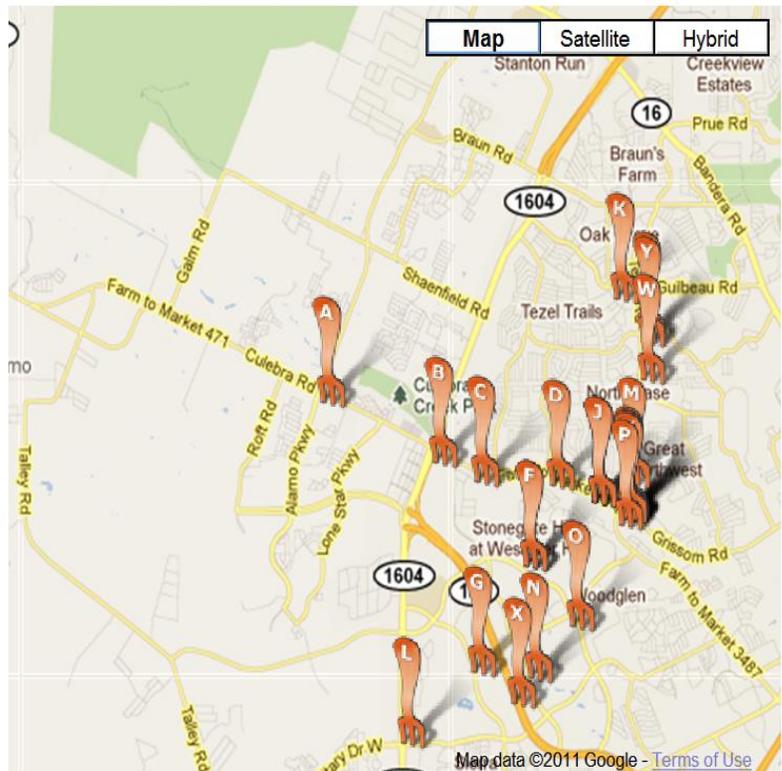
Monday-Friday 6 a.m. - 10 p.m.

Saturday-Sunday 8 a.m. - 10 p.m.

8. Salad Creations

5539 W Loop 1604 N # 110
2.2 miles east of the National Shooting Complex

Hours of operation:



Sunday 11 a.m. - 8 p.m.

Monday-Saturday 10:30 a.m. – 9 p.m.

9. Buffalo Wild Wings Grill & Bar

5411 W Loop 1604 N

2.2 miles east of the National Shooting Complex

Hours of operation: Monday-Thursday 11 a.m.- 1 a.m. Friday-Sunday 11 a.m.- 2 a.m.

10. Chick-fil-A

5615 W 1604 N

2.2 miles east of the National Shooting Complex

Hours of operation: Monday- Saturday 6 a.m. – 10 p.m.

11. Rome’s Pizza

11006 FM 471

1.9 miles east of the National Shooting Range

Hours of operation: Monday- Saturday 11 a.m.- 10 p.m. Sunday 11 a.m.-10 p.m.

12. Freebirds World Burrito

5519 W Loop 1604 N #109

2.2 miles east of the National Shooting Complex

Hours of Operation: Monday-Thursday 11 a.m. -9:30 p.m. Friday-Saturday - 11 a.m.-10 p.m. Sunday - 11 a.m. – 9 p.m.

AREA ATTRACTIONS

For more information on local attractions please visit visitsanantonio.com/Browse-Book/Attractions

MARK YOUR CALENDARS 2014

USA Youth TF Championships

June 24-29 in Bloomington, IN

Junior Olympic TF Championships

July 21-27 in Houston, TX

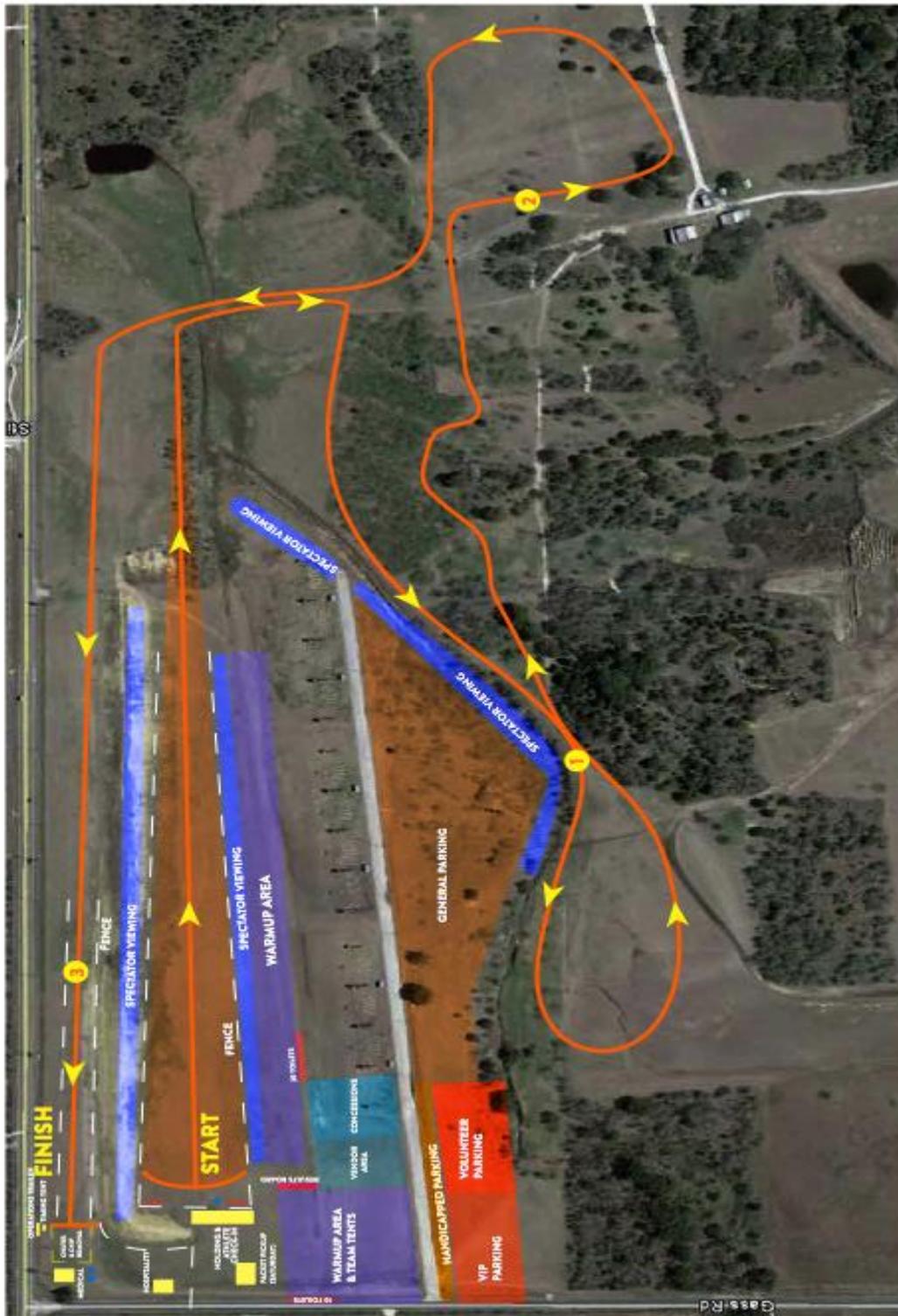
Junior Olympic XC Championships

December 13 in Myrtle Beach, SC

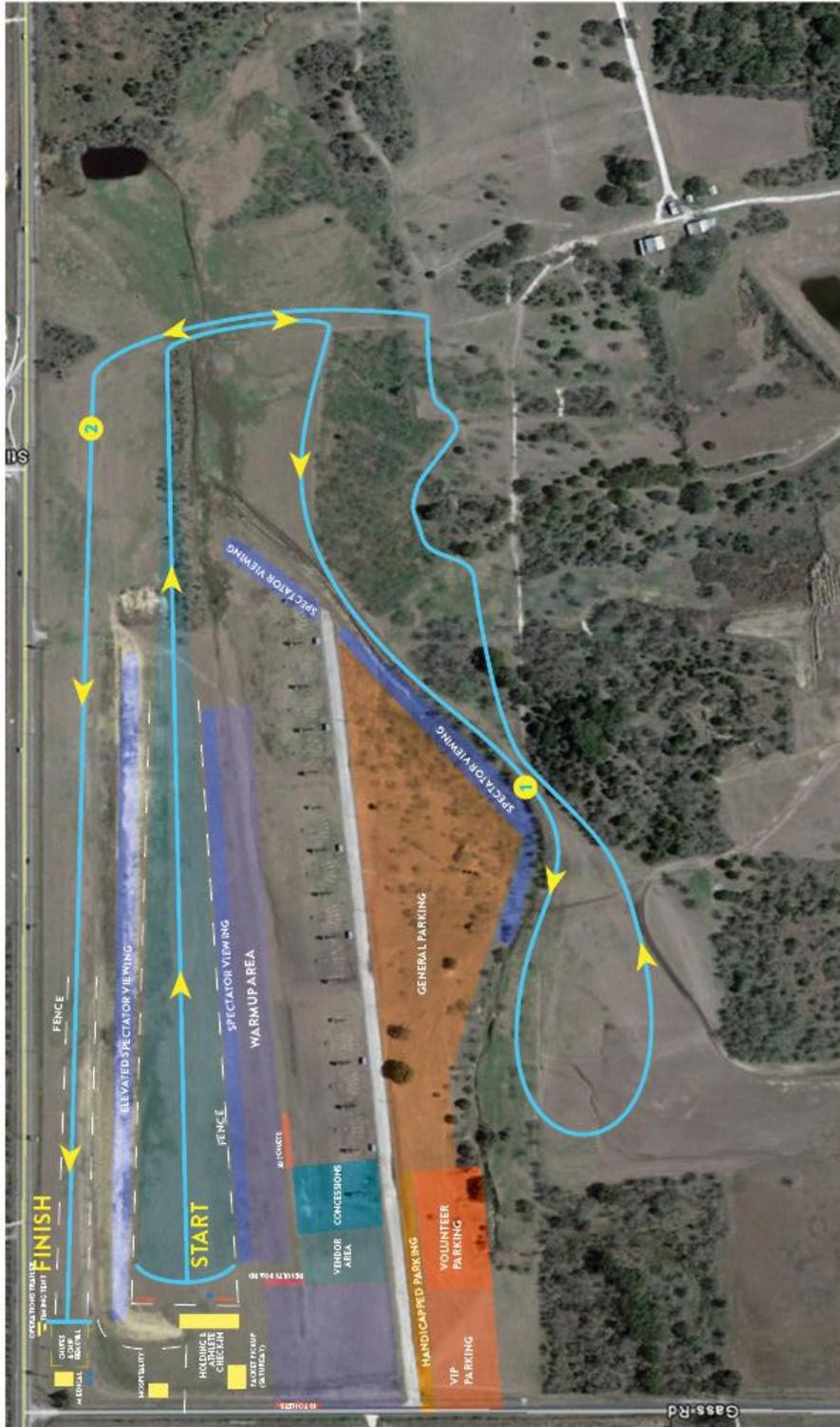


COURSE MAPS

5k ROUTE MAP

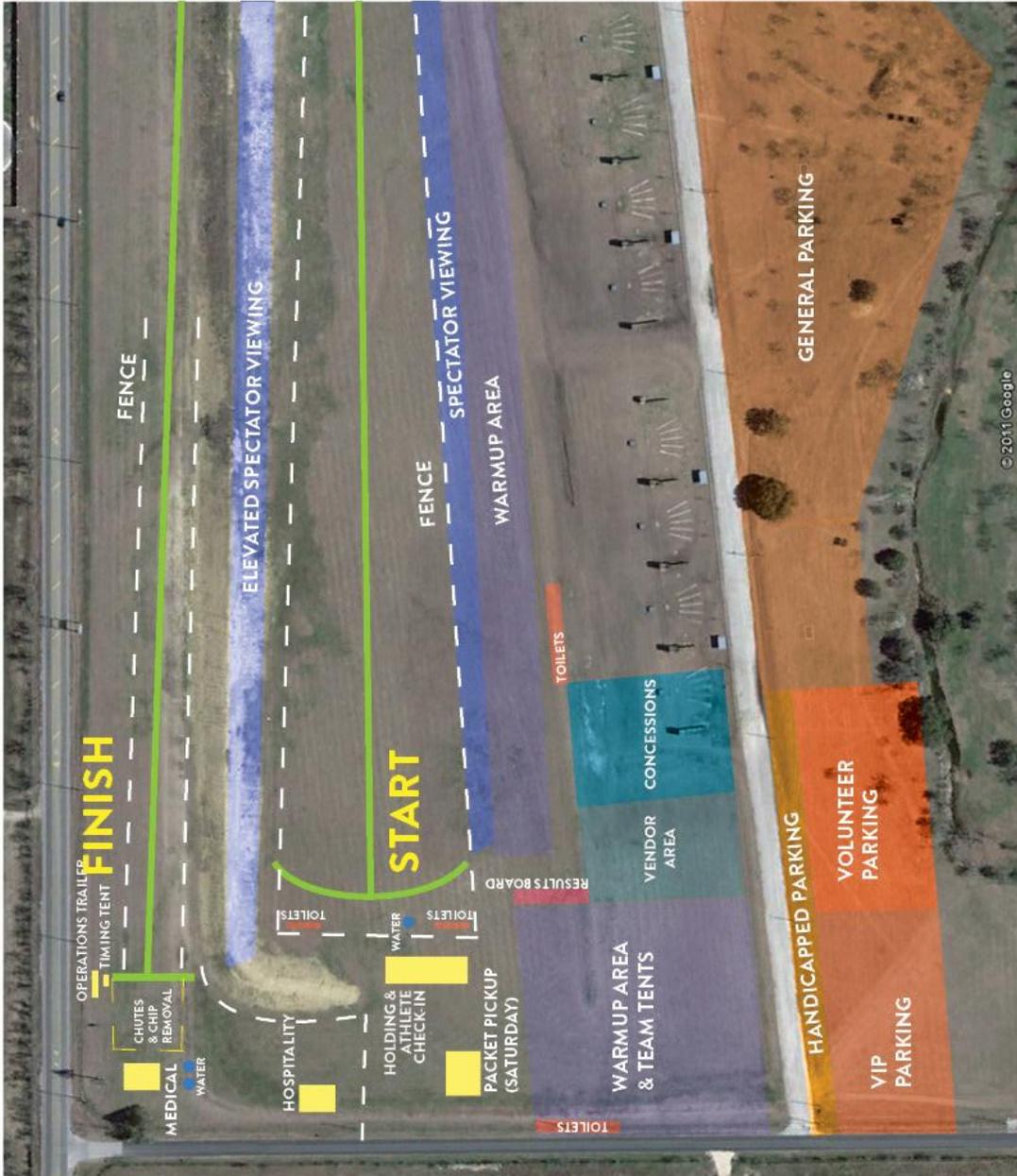


4K ROUTE MAP



2K ROUTE MAP





STARTING BOX ASSIGNMENTS

Reference the chart below to determine which starting box is assigned to runners from each region

REGIONAL NUMBERS 												
16	10	14	15	1	3	5	8	7	9	6	4	2
15	15	12	13	2	7	1	4	3	6	14	15	11
14	8	10	11	7	9	7	15	12	14	2	1	14
13	5	8	9	6	4	16	7	11	5	4	16	10
12	16	6	7	4	15	14	3	5	11	13	11	9
11	2	4	5	8	1	2	9	8	12	7	6	16
10	6	2	3	5	12	6	13	15	10	9	2	1
9	11	15	1	9	16	3	16	2	13	12	7	15
8	3	13	12	10	11	9	1	14	3	15	5	6
7	9	1	10	13	14	4	12	9	16	5	8	13
6	4	7	8	11	13	11	2	6	4	10	12	3
5	13	5	6	14	8	12	11	10	7	11	14	12
4	14	3	4	15	6	13	5	16	1	3	10	8
3	1	11	2	16	5	15	10	13	8	16	9	7
2	12	9	16	3	2	10	14	1	15	8	13	4
1	7	16	14	12	10	8	6	4	2	1	3	5
BOX # 	8/U Girls	8/U Boys	9-10 Girls	9-10 Boys	11-12 Girls	11-12 Boys	13-14 Girls	13-14 Boys	15-16 Girls	15-16 Boys	17-18 Girls	17-18 Boys