



2011 Minnesota Association Junior Olympic Cross Country Championship Meet

Valleywood Golf Course
4851 125th St. W., Apple Valley, MN 55124-8704
Saturday, November 12, 2011

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
Young Men/Young Women (born 1993-1994)	5 km (3.12 miles)	Young Men and Young Women together 10:00 a.m. start (run with Intermediate division and the Open and Masters Women)
Intermediate (born 1995–1996)	5 km (3.12 miles)	Boys & Girls together 10:00 a.m. start (run with Young division and with the Open and Masters Women)
Youth (born 1997–1998)	4 km (2.48 miles)	Boys & Girls together 11:00 a.m. start
Midget (born 1999-2000)	3 km (1.86 miles)	Boys & Girls together 11:30 a.m. start (run with Bantam division)
Bantam (born 2001-2002)	3 km (1.86 miles)	Boys & Girls together 11:30 a.m. start (run with Midget division)
Sub-Bantam (born 2003 or later**) **Must be age 7 by Dec. 31, 2011 to compete at the National meet.	2 km (1.24 miles)	Boys and Girls together 12:00 p.m. start

Note: The Minnesota Open (Adult) and Masters' Races are scheduled at 9:15 (Men 7.5 km) and 10:00 a.m. (Women 5 km). The Junior Olympic 5K races will be combined with the Open and Master's Women.

Course: The course is entirely within Valleywood Golf Course. Track spikes are permitted. There are some steep hills on the course. **NO DOGS PERMITTED ON GOLF COURSE.**

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 prior to participation.

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 complete the team entry/declaration

process during online registrations. Only athletes listed on the team declaration roster form will be eligible to represent the club at the Association, Regional or National championships.

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 **in the golf course clubhouse starting at 8:45 a.m.** Athletes are advised to check-in at the clubhouse at least 40 minutes prior to the scheduled start of the race.

EVENT RESULTS: During competition, event results will be posted at inside the golf course clubhouse. In addition, event results will be posted at www.wayzataresults.com and at www.usatfmn.org after the conclusion of the event.

AWARDS: USATF Junior Olympic medals will be awarded to the top ten individuals in each age division.

ADVANCEMENTS: Top 10 individuals and top 1 team in each age group will advance to the USATF National Junior Olympic Cross Country Championships to be held on Saturday, December 10, 2011 at Whispering Pines Golf Course in Myrtle Beach, South Carolina.

All advancements/entry for the USATF National Junior Olympic Cross Country Championships must be completed, paid for, and submitted online. Online entries may be submitted by visiting www.usatfmn.org following the completion of the Minnesota Association meet.

Information on the National Championships is available at:

<http://www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships/>

ENTRY FEES & DEADLINES:

On-Time Registration: Must be completed by November 10.

ONLINE ENTRIES WILL BE ACCEPTED. Please visit www.usatfmn.org after 10/01/2011 to enter. Please use the link for the Junior Olympic entry and not for the open/masters race entry.

Individual Entries: \$8.00 per athlete.

Team Entries: No additional charge- team athletes must still pay individual entry and teams must be registered USATF clubs.

Late Registration: \$8 registration plus \$7 late fee (total for late registration entry is \$15) – register at least 45 minutes prior to scheduled start.

Late Registration Payment: Cash, Money Order, or Checks only. Cannot accept credit card payments at the Minnesota Association meet. *Make checks or money orders payable to USATF Minnesota and pay on the day of the meet at check-in.*

DIRECTIONS & PARKING: Free parking available at golf course.

Valleywood Golf Course is near Pilot Knob Rd. (also Co Rd. 31) to the west and McAndrews Rd. (also 125th St or Co Rd 38) to the South. The entrance is from McAndrews (125th St/Co Rd 38). Use the address listed for the golf course at the top of this meet information as your destination and enter your beginning address at <http://maps.google.com/> for specific directions.

From Minneapolis and northwest: from I-35W south from Minneapolis, take exit 11B on the left onto 62 E, exit onto MN-77 S, go about 9.5 miles and exit onto County Rd. 38 E. toward the MN Zoo, merge onto Co. Rd. 38 and travel about 3 miles and Valleywood will be on the left.

From St. Paul and northeast: I-35E S about 10 miles to exit 97A for Co Rd 31/Pilot Knob Rd., turn right onto Pilot Knob Rd and travel about 4.5 miles to 125th St./Co Rd 38/McAndrews Rd. and turn left. Valleywood is 0.2 mile on the left side.

From Rochester: Take US 52 N about 58 miles, turn left at Brandel Dr./Co Rd. 46 and follow Co Rd. 46, continue onto 160th St. E., turn right at MN-3 N/Robert Trail, turn left at 125th St. W./Co.Rd. 38/McAndrews Rd. and travel 2 miles, Valleywood will be on the right.

From Fairbault: Take I-35 N about 32 miles, slight right at I-35E (towards St. Paul), exit 92 onto Cedar Ave./MN-77, take Co Rd 38 E exit toward MN Zoo, merge onto Co. Rd 38 and golf course will be about 3 miles on left.

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