



**2011 REGION 16 JUNIOR OLYMPICS  
CROSS COUNTRY CHAMPIONSHIP**  
Hosted by  
**USA Track and Field South Carolina Association**  
**November 12<sup>th</sup>, 2011**  
**Whispering Pines Golf Course**  
**2112 South Kings Highway, Myrtle Beach, SC 29577**



Age Divisions		Born	Distance	Girls	Boys
Sub-Bantam	8 & Under	2003 & After	2K	10:00 a.m.	10:15 a.m.
Bantam	10 & Under	2002 or 2001	3K	10:30 a.m.	10:50 a.m.
Midget	11 & 12	2000 or 1999	3K	11:15 a.m.	11:35 a.m.
Youth	13 & 14	1998 or 1997	4K	12:00 p.m.	12:30 p.m.
Intermediate	15 & 16	1996 or 1995	5K	1:00 p.m.	1:30 p.m.
Young M/W	17 & 18	1994 or 1993	5K	2:00 p.m.	2:30 p.m.

Due to the South Carolina hosting the National meet, our athletes will not be allowed to compete at the Region 3 meet. The Association meet now becomes an independent region known as Region 16.

**ENTRY FEES:** \$15.00 for each participant.

**DIVISION RULES:** All participants must run in their proper age division.

**ELIGIBILITY:** The top 20 individuals and top 3 teams from the USATF Region 16 Championships will qualify for the USATF National Championships. **Any waiver to the National Championship must first be approved by the National Executive Youth Board of USATF prior to advancement.**

**REGISTRATION:** Online registration will be done at:

[http://usatfregistration.com/meet/entry/sc\\_usaxcregion16/](http://usatfregistration.com/meet/entry/sc_usaxcregion16/)

Please contact your Youth Chair for questions: Linda E. Ellis @ 843-665-6460 or 843 319-0841  
lellis7354@aol.com

**AWARDS:** USATF Region Championship medals will be awarded to the first twenty finishers in each age division. The top three teams in each division will receive an award.

**TEAM ENTRY AND SCORING:** The names of the team members must be selected from the downloaded roster from the USATF membership database "A," "B," "C," etc. team to be eligible as scoring members of the team. A team will consist of a minimum of five and a maximum of eight runners with the first five finishers being used to compute the score based on place. The 2011 USATF Competition Rules for Athletics will be followed.

**THE COURSE:** The entire course is grass surface. Spikes may be useful on the hills or if the course is wet. The course will open at 8:00 a.m. on Saturday. The walk-thru will be at 8:30 a.m. The course will be closed at 9:30 a.m. No one will be allowed on the course for warm up after this time. There is plenty of area for warm up in the adjoining field areas. There will be a concession stand. Apparel and photographs will be on sale.

**NUMBERS:** The race numbers are to be worn on the front of your singlet or shirt and pinned in a flat manner. Do not tear off strips!!! To receive numbers see packet pick-up.

**NATIONALS:** The top 20 individuals and top 3 teams from the USATF Region 16 Championships will qualify for the USATF National Championships. The meet will be held on Saturday, **December 10, 2011 at**. Declarations for the National Championships must be done online within 48 hours after the results are posted. The National entry fee will be handled by the South Carolina Association. **You are responsible for declaring your athletes that qualify for the National Championship.**

**FACILITY RULES & GUIDELINES:**

1. Remember we are guests of Whispering Pines Golf Course
2. Barbecuing will not be allowed on site.
3. Please do NOT bring loud radios or music, **pets**, or unnecessary distractions to the meet.
4. Please keep the facility clean. Place trash in the waste receptacles near you before leaving.
5. Alcoholic beverages will not be allowed.
6. **Absolutely NO Parking on any grass. Parking only in the paved parking area.**

**For USA Cross Country Rules see Rule 304 and Rule 305.3.**

**For Apparel see Rule 253.**

**\*\*PACKET PICK-UP: The race numbers may be picked up on Friday November 11<sup>th</sup> from 3:00pm to 5:00pm at Whispering Pines Golf Course. You can also pick up your packet from 7:00pm to 9:00pm at the Country Inn and Lobby area. Packets will be available for pickup on race day at the Golf Course inside there will be a table starting at 7:30am.**

**The Country Inn and Suites by Carlson will be the Host Hotel. They are providing us with a rate of \$65.00/night + taxes. To receive the discounted rate, please use the code "K-cross rate". The number for reservations is 800-456-4000 and the web address is [www.countryinns.com/myrtlebeach](http://www.countryinns.com/myrtlebeach) .**