

**SUNDAY, NOVEMBER 26, 2006**  
**REGION 14**  
**CROSS COUNTRY CHAMPIONSHIP**  
**WOODWARD PARK, FRESNO, CALIFORNIA**

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**AGE DIVISIONS, DISTANCES AND SCHEDULE**

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|-----------------|----------------|-------------|---------------------------|
| BANTAM          | 1996 AND LATER | 3000 METERS | 9:00 GIRLS<br>9:30 BOYS   |
| MIDGET          | 1994 - 1995    | 3000 METERS | 10:00 GIRLS<br>10:30 BOYS |
| YOUTH           | 1992 - 1993    | 4000 METERS | 11:00 GIRLS<br>11:30 BOYS |
| INTERMEDIATE    | 1990 - 1991    | 5000 METERS | 12:00 GIRLS<br>12:40 BOYS |
| YOUNG MEN/WOMEN | 1988 - 1989    | 5000 METERS | 1:15 Women<br>1:50 Men    |

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**ENTRY FEE:** \$7.00 per athlete No Team Entry Fee.

**AWARDS:** Medals to top Twenty runners in each race. Plaques to the top team in each division. Awards will be given at the conclusion of each race.

**PROOF OF AGE:** IS REQUIRED AND MUST BE SUBMITTED WITH ENTRIES.

**USATF CARDS:** Are required.

**ENTRY DEADLINE:** All entries and results will be furnished by the Association Meet Directors. Athletes must register for the Region 14 Championship at the Association Meet. No Late Entries will be allowed. The 2006 progressive entry form will be utilized. All team entries forms must be on file prior to the Association Meet. The association entry form is the same form used for the Junior Olympic Meet.

**TEAM INFORMATION AND SCORING:**

All clubs will be USATF certified

All team members must be from the same Association and from the same club.  
No more than 8 or less than 5 athletes may run for a team

**ADVANCEMENT CRITERIA:**

The number of qualifiers from the Region Meet is fixed and no alternates may advance. Individuals finishing in the top twenty (20) places and who are also members of the qualifying teams are not displaced so that additional finishers

beyond twentieth may not advance. Any team may advance if it has five (5) or more individuals placing in the top twenty (20) in the Region meet. No team finishing beyond third place may advance based solely upon either or both of the first, second or third place teams choosing not to advance. **All teams and individuals must be registered for the Junior Olympic Meet prior to leaving Woodward Park immediately following the Region 14 Meet All Entries to the Junior Olympics must be paid in CASH. The entry fee is \$8.00 per athlete..**

#### **DIRECTIONS TO WOODWARD PARK:**

Coming south on Highway 99 take the Grantland Exit. At the bottom of the exit turn left. This becomes Herndon Avenue. Follow Herndon Ave. to Blackstone Ave. (approximately 5 miles). Turn left onto Blackstone Ave. Stay on Blackstone Ave. to Audobon Drive. Turn left on Audobon and the park will be on your right. The start/finish line is at the Mountain View Shelter. The second shelter on the left once inside the park.

#### **COURSE:**

Woodward Park, Fresno, CA is the annual site for the Western Regional Finals, Community College State Meet, and High School State Meet. The course consists of rolling hills on asphalt and dirt paths. Spikes may be worn but are not recommended. The weather is usually 50's and 60's. Woodward Park tends to hold up well when it rains.

#### **COURSE WALK THROUGH:**

A course walk through will be conducted on Sunday at 8:00 am

#### **PACKET PICK UP:**

Race Numbers will be available at Woodward Park the morning of the race.

**The 2006 Junior Olympic Cross Country meet will be held on Saturday, December 9, 2006 at Plantes Ferry Recreation Park - Spokane, Wash**