



2008 USATF Illinois Region VII Junior Olympic Cross Country Championships



Saturday, November 22, 2008
Kiswaukee College, Malta, IL

SCHEDULE & AGE DIVISIONS:

Age Division	Distance	Time
Sub-Bantam (born 2000 and later)	1500 Meters	Girls – 10:00 a.m. Boys - 10:00 a.m.
Bantam (born 1998 - 1999)	3 km (1.86 miles)	Girls – 10:20 a.m. Boys – 10:40 a.m.
Midget (born 1996 – 1997)	3 km (1.86 miles)	Girls - 11:00 a.m. Boys – 11:20 a.m.
Youth (born 1994 – 1995)	4 km (2.48 miles)	Girls – 11:40 a.m. Boys – 12:15 p.m.
Intermediate (born 1992 - 1993)	5 km (3.1 miles)	Girls – 1:00 p.m. Boys – 1:40 p.m.
Young (born 1990 –1991)	5 km (3.1 miles)	Girls – 1:00 p.m. Boys – 1:40 p.m.

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 must be affiliated with that club as part of their USATF membership. To enter a team a club must submit the Team Entry/Declaration form. 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 during packet pick-up as follows:

8:00 a.m.	-Packet Pick-up. -Late registration for unattached athletes only
9:00 a.m.	Course walk.

EVENT RESULTS: During competition, event results will be posted at the registration site. In addition, event results will be posted at www.kompusport.com.

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

ADVANCEMENTS TO NATIONAL MEET:

In all races, the top three teams and the top **20** overall athletes as well as anyone listed on the team roster form for the top 3 teams qualify to compete in the USA Track & Field National Cross Country Championships on December 13, 2008 to be held in Mechanicsville, VA. There are no displacements of athletes for advancement purposes.

In order for a qualifying athlete or team to compete at the National meet, advancement money and registration must be completed at the Region 7 meet on Nov. 22. Advancement is NOT automatic. **You will not be allowed to compete at the National meet if you do not register separately for it.**

<http://www.usatf.org/events/2008/USATFJuniorOlympicXCChampionships/>

DIRECTIONS

From the Northern Suburbs

Go west on the East-West Tollway (I-88). Exit for DeKalb at either Peace Road or Annie Glidden Road. Turn West on Lincoln Highway (IL 38) to Malta. Kishwaukee College is about 7 miles west of Northern Illinois University on IL 38.

From Downtown Chicago

Go west on the Eisenhower Expressway (I-290) to the East-West Tollway (I-88). Follow I-88 west to exit for DeKalb at either Peace Road or Annie Glidden Road. Turn west on Lincoln Highway (IL 38) to Malta. Kishwaukee College is about 7 miles west of Northern Illinois University on IL 38.

From the Southern Suburbs

Go north on the Tri-State Tollway (I-294) to the East-West Tollway (I-88). Follow I-88 west to exit for DeKalb at either Peace Road or Annie Glidden Road. Turn west on Lincoln Highway (IL 38) to Malta. Kishwaukee College is about 7 miles west of Northern Illinois University on IL 38.

From the Northwest

Go south on I-39/IL 51 to the "DeKalb, Route 38" exit. Proceed east on IL Route 38 to Malta. Kishwaukee College is about 9 miles east of the I-39/IL 38 interchange.

From the West

Go east on the East-West Tollway (I-88) to I-39. Proceed north on I-39 to "DeKalb, Route 38" exit. Follow IL Route 38 east to Malta. Kishwaukee College is about 9 miles east of the I-39/IL 38 interchange.

From the Southwest

Go north on I-39 to the "DeKalb, Route 38" exit. Proceed east on IL Route 38 to Malta. Kishwaukee College is about nine miles east of the I-39/IL 38 interchange.

From Northern Indiana (Gary)

Go I-80 W toward Chicago. Take I-294 N to Wisconsin. Take I-88 W. Follow I-88 W to exit for DeKalb at either Peace Road or Annie Glidden Road. Turn west on Lincoln Highway (IL 38) to Malta. Kishwaukee College is about 7 miles west of Northern Illinois University on IL 38.

From Central Indiana (Indianapolis)

Go I-65 N toward Chicago. Go I-80 W toward Chicago. Take I-294 N to Wisconsin. Take I-88 W. Follow I-88 W to exit for DeKalb at either Peace Road or Annie Glidden Road. Turn west on Lincoln Highway (IL 38) to Malta. Kishwaukee College is about 7 miles west of Northern Illinois University on IL 38.

From Terre Haute

Take I-74 W toward Peoria, IL. Take I-55 N toward Chicago, merge onto North I-39 toward Rockford. Proceed north on I-39 to "DeKalb, Route 38" exit. Follow IL Route 38 east to Malta. Kishwaukee College is about 9 miles east of the I-39/IL 38 interchange.

HOUSING

Best Western DeKalb Inn & Suites

1212 W. Lincoln Hwy.

DeKalb, IL 60115

Reservations: 800 780-7234

Rate: \$79.00 per night (single/dual/triple/quad)

CONTACT: Marc Jones (jones_jdaddy5@yahoo.com)
708 288-0221