

**2017 USATF National
Junior Olympic
Cross Country Championship**



**December 9th, 2017
Tallahassee, Florida**



Welcome to Florida's Capital City, Tallahassee,

On December 9th, 2017 we are expecting more than 3,000 athletes at the USATF National Junior Olympic Cross Country Championships in Tallahassee, Florida. The local organization committee, USATF Florida, and Leon County welcome you to Tallahassee and hope that you will enjoy being our guest.

LOCAL ORGANIZING COMMITTEE CONTACTS

LOC Chair's/ Visit Tallahassee (please copy both LOC chair's on all correspondence)

Amanda Heidecker – Email: heideckera@leoncountyfl.gov (850)606-2317

Brian Hickey- Email: hickeyb@leoncountyfl.gov (850)606-2313

Meet Director –Visit Tallahassee Asst. Director

Amanda Heidecker – Email: heideckera@leoncountyfl.gov (850)728-4291

LOC Finance/Budget Coordinator

Chris Holley – Email: holleyc@leoncountyfl.gov (850)606-2312

USATF FL President/Youth Chair

Angela Harris - Email: usatf.floridayouth@gmail.com

USATF FL Memberships

E-mail: membership@florida.usatf.org (904)616-9373

USATF FL Officials Coordinator

James Williams – Email: mrappletreeman@aol.com (305)796-7439

LOC Volunteer Coordinator

Janice Thurston – Email: jzfair@bellsouth.net (305)785-6036

Phyllis Jackson – Email: jamamom@gmail.com (904)868-4032



Websites

Event Websites:



<http://www.usatf.org/Events---Calendar/2017/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>



<http://www.visittallahassee.com/events/279946/usatf-national-junior-olympic-cross-country-championship/>



<http://florida.usatf.org/Youth.aspx>

Information & course maps of Apalachee Regional Park:



<http://cms.leoncountyfl.gov/Home/Departments/Office-of-Resource-Stewardship/Parks-and-Recreation/Apalachee-Regional-Park>



Event Schedule

Thursday December 7

Course Walk	Apalachee Regional Park	1:00 PM - 5:00 PM
Packet Pickup	Donald L. Tucker Civic Center	1:00 PM - 8:00 PM
Merchandise Sales	Donald L. Tucker Civic Center	1:00 PM - 8:00 PM

Friday December 8

Packet Pick Up	Donald L. Tucker Civic Center	9:00 AM - 8:00 PM
Merchandise Sale	Donald L. Tucker Civic Center	9:00 AM - 8:00 PM
Merchandise Sale	Apalachee Regional Park	9:00 AM - 4:00 PM
Course Walk	Apalachee Regional Park	9:00 AM- 4:00 PM
Opening Ceremonies	Donald L. Tucker Civic Center (Arena)	5:00 PM - 6:00PM

Saturday December 9

Packet Pick Up	Apalachee Regional Park	7:00 AM - 1:00 PM
Merchandise Sales	Apalachee Regional Park	7:00AM- 4:00 PM
Course Preview	Apalachee Regional Park	7:00 AM - 8:00AM
Start of First Race	Apalachee Regional Park	9:00 AM
8 & Under Girls 2k	Apalachee Regional Park	9:00 AM
8 & Under Boys 2k	Apalachee Regional Park	9:30 AM
9-10 Girls 3k	Apalachee Regional Park	10:00 AM
9-10 Boys 3k	Apalachee Regional Park	10:30 AM
11-12 Girls 3k	Apalachee Regional Park	11:00 AM
11-12 Boys 3k	Apalachee Regional Park	11:30 AM
13-14 Girls 3k	Apalachee Regional Park	12:00 PM
13-14 Boys 3k	Apalachee Regional Park	12:30 PM
15-16 Girls 5k	Apalachee Regional Park	1:00 PM
15-16 Boys 5k	Apalachee Regional Park	1:30 PM
17-18 Women 5k	Apalachee Regional Park	1:00 PM
17-18 Men 5k	Apalachee Regional Park	1:30 PM
Awards Ceremony	Apalachee Regional Park	30 mins after each race



Competition Information and Schedule

Online entry forms and fees for the National Championships

Qualified Athletes can register on Athletic.net. The non-refundable entry fee of \$20 per individual and must be submitted online at the time of registration. Entries cannot be accepted by any other method. **Late and onsite entries will not be accepted for this competition.**

Divisions:

There are five male and five female divisions. Each athlete must participate in his/her own division in the meet. The year of birth will determine age division in which the athlete will compete.

<i>DIVISION</i>	<i>GENDER</i>	<i>DISTANCE</i>	<i>CHECK-IN</i>	<i>RACE</i>	<i>AWARDS</i>
<i>7-8 YEARS / 2009 AND UNDER</i>	<i>GIRLS</i>	<i>2 KM (1.24 MILES)</i>	<i>8:30AM</i>	<i>9:00AM</i>	<i>9:45AM</i>
<i>7-8 YEARS / 2009 AND UNDER</i>	<i>BOYS</i>	<i>2 KM (1.24 MILES)</i>	<i>9:00AM</i>	<i>9:30AM</i>	<i>10:15AM</i>
<i>9-10 YEARS / 2008-07</i>	<i>GIRLS</i>	<i>3 KM (1.86 MILES)</i>	<i>9:30AM</i>	<i>10:00AM</i>	<i>10:45AM</i>
<i>9-10 YEARS / 2008-07</i>	<i>BOYS</i>	<i>3 KM (1.86 MILES)</i>	<i>10:00AM</i>	<i>10:30AM</i>	<i>11:15AM</i>
<i>11-12 YEARS / 2006-05</i>	<i>GIRLS</i>	<i>3 KM (1.86 MILES)</i>	<i>10:30AM</i>	<i>11:00AM</i>	<i>11:45AM</i>
<i>11-12 YEARS / 2006-05</i>	<i>BOYS</i>	<i>3 KM (1.86 MILES)</i>	<i>11:00AM</i>	<i>11:30AM</i>	<i>12:15AM</i>
<i>13-14 YEARS / 2004-03</i>	<i>GIRLS</i>	<i>4 KM (2.48 MILES)</i>	<i>11:30AM</i>	<i>12:00PM</i>	<i>12:45PM</i>
<i>13-14 YEARS / 2004-03</i>	<i>BOYS</i>	<i>4 KM (2.48 MILES)</i>	<i>12:00PM</i>	<i>12:30PM</i>	<i>1:15PM</i>
<i>15-18 YEARS / 2002-1999</i>	<i>GIRLS</i>	<i>5 KM (3.1 MILES)</i>	<i>12:30PM</i>	<i>1:00PM</i>	<i>1:45PM</i>
<i>15-18 YEARS / 2002-1999</i>	<i>BOYS</i>	<i>5 KM (3.1 MILES)</i>	<i>1:00PM</i>	<i>1:30PM</i>	<i>2:15PM</i>

Athlete Check-In

All athletes must report to the staging area at least 30 minutes prior to the start of their respective races; and only competing athletes will be allowed in the check-in area. Please observe all areas that are roped off and please obey all course monitors and their direction. Individuals and teams will have designated starting boxes.



Competition Information and Schedule

Bib Numbers and Chip Timers

Each athlete will be assigned a bib number and one hip number to be worn on the left hip, and two data tags at packet pick up. Athletes in all races will be required to wear all of these identifiers to ensure races are properly scored.

Athletes must wear the bib numbers and data tags assigned to them on the information sheet in their packet. If any of these are lost or forgotten, replacements can be supplied at packet pick up on the day of the race for a fee. Bib number replacement fee is **\$5.00** and chip replacements are **\$10.00**.

The bib number must be worn on the front of the athlete's outer layer of race clothing and cannot be folded or altered in any way. Each number will have a pull tab at the bottom. Do not remove pull tab at the bottom of the bib or put safety pins through the tab.

One data tag should be worn on each of the athlete's shoe.

Athlete must return the data chips to the event organizer immediately after their race.



Attaching your IPICO Sports Tag to your shoe.

You must wear the IPICO Sports Tag to get an official finishing time. If you do not wear your IPICO Sports Tag then the system will not record you finishing and therefore we will be unable to provide you with a finishing time. **NO TAG NO TIME!**



When you cross the Finish line, we have teams of specially equipped helpers to remove the IPICO Sports Tag from your shoe – you do not need to do anything apart from following the volunteers instructions.

STEP 1

Loosen the laces of your running shoe.

STEP 2

Thread the wire twist ties under the laces.

STEP 3

Thread the IPICO Sports Tag onto the wire twist ties.

STEP 4

Secure the IPICO Sports Tag by twisting the wire twist ties firmly together.



Starting Boxes

Competition Information and Schedule



Boxes will be assigned randomly and will vary in each race. Clerks will be assigned to boxes at the line. In the event of any changes, teams and individuals are expected to follow any directions given by the clerks or other USATF personnel.

Uniforms

Each competitor on a qualifying team must have a jersey of 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 entire race. This means the team jersey should be worn as the outside layer of the clothing if other garments are worn during the race. Athletes who are unattached or who compete for a team not in the team competition may wear any apparel as long as it is safe, not offensive, and has the athlete's bib number attached to the outside layer.

Protests

A protest site will be set up at the meet venue. Protests relating to matters which develop during the conduct of the competition must be made to the meet referee at once and not later than 30 minutes after a result has been announced. The fee to file a protest is \$100. The fee will be returned if the protest is upheld.

Competition Information and Schedule

Team Scoring

Team scoring is divided into five divisions for boys and five divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete.

Team Division

8 and Under	2009+
9-10 Yrs Old	2007-2008
11-12 Yrs Old	2005-2006
13-14 Yrs Old	2003-2004
15-18 Yrs Old	1999-2002



General Information

Address for Apalachee Regional Park:

[7550 Apalachee Parkway](#)

[Tallahassee, FL 32317](#)

Follow message boards to appropriate parking locations

Opening Ceremonies

Get your Packets, Get your Merchandise and Stay for the Part. The Opening Ceremonies/Party is sure to be a blast for all ages. We will have giveaways, music, DJ, Cheerleaders, Bands and much more. Make sure you come and get pumped up for race day.

The opening ceremonies will be held at The Donald L. Tucker Civic Center home to the Florida State University Men's and Women's basketball program on Friday December 8th at 5:00PM. Teams will be asked to sit together in the stands in open seating on the west side of the arena. Staff will be onsite to help

Address for The Donald L. Tucker Civic Center

[505 W. Pensacola St](#)

[Tallahassee, FL 32301](#)

Awards Ceremonies

Individual awards will be given to the top 25 individuals in each individual event. Team awards will be given to the top three teams for boys and girls in each age division. The awards ceremony will be held at Apalachee Regional Park and will take place 30 minutes after each race.



General Information

Event Merchandise

USATF Official merchandise will be available packet pick up, during the events, and throughout the awards ceremony at the Donald L. Tucker Center and Apalachee Regional Park.

Team Tent Areas

Specific areas for team tents will be in designated areas. If you would like to book a tent from a local vendor please use In Tents Events and no tents are to be set-up prior to Wednesday December 6, 2017.

In Tents Events –

Kristen Stewart - Customer Concierge
intentsevents@earthlink.net
502 A Capital Circle SE
Tallahassee, FL 32301
Office: [\(850\) 309-7626](tel:8503097626) / Fax: [\(850\) 671-2358](tel:8506712358)

First Aid

A medical tent with appropriate personnel and an ambulance vehicle will be on-site the finish line.

ADA Accommodations

USA Track & Field has specific procedures to be followed by disabled athlete's wishing to compete in the 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 accommodations request procedures sufficiently in advance to enable USATF to complete the review and decision making process prior to the relevant competition. Please visit www.usatf.org/about/policies for more information.

Weather Conditions

Temperature averages in Tallahassee during the month of December range from the average high of 63 to average low 39 degrees. Normally this is a very pleasant weather time in Florida.

Medical Center's

Tallahassee Memorial Hospital

1300 Miccosukee Rd, Tallahassee, FL 32308



Capital Regional Medical Center

2626 Capital Medical Blvd. Tallahassee, Florida 32308

Parking

There is ample parking adjacent to the course. A special area will be provided for handicap, buses, and RV's. No RV hook ups and no overnight parking.

Results

Live results will be available on the event webpage as well as at the course :
<http://www.adkinstrak.com/results/>

Transportation

Tallahassee International Airport (TLH)

<http://www.talgov.com/airport/airport.aspx>

Frequently Asked Questions

What time does the Airport open?

- Passenger terminal opens at 4:00 a.m.
- Airline ticket counters open at 4:30 a.m.

What airlines serve TLH Airport?

American Airlines, Delta Air Lines, and Silver Airways

How long before my flight should I arrive at the Airport?

Arrive at least 1 ½ hours prior to departure time

How do I check on the current status of my flight:

For the most current information, click here: <http://www.talgov.com/airport/flighttracker.aspx>

What can I take in my carry-on baggage?

Please click here for more information: <https://www.tsa.gov/travel/security-screening/liquids-rule>



What is the physical address of the airport?

The address is 3300 Capital Circle Southwest, Tallahassee, FL 32310

Taxi Service

UBER - <https://www.uber.com/ride/>

City Taxi – 850-575-7575

Yellow Cab – 850-999-9999

Discount Transportation – 850-264-3418

Transportation

Car Rental

Avis Rent A Car System

<https://www.avis.com/en/home>

3300 Capital Circle SW, Tallahassee, Florida 32310

850-576-4133

Dollar Rent A Car

<https://www.dollar.com/>

1900 Capital Circle SW, Tallahassee, Florida 32310

850-575-4255

Enterprise Rent-A-Car

<https://www.enterprise.com>

3404 Mahan Dr, Tallahassee, Florida 32308



850-878-1500

Hertz Rent A Car

<https://www.hertz.com/rentacar/reservation/>

3300 Capital Circle SW, Tallahassee, Florida, 32310

850-576-1154

National Car Rental

https://www.nationalcar.com/en_US/car-rental/home.html

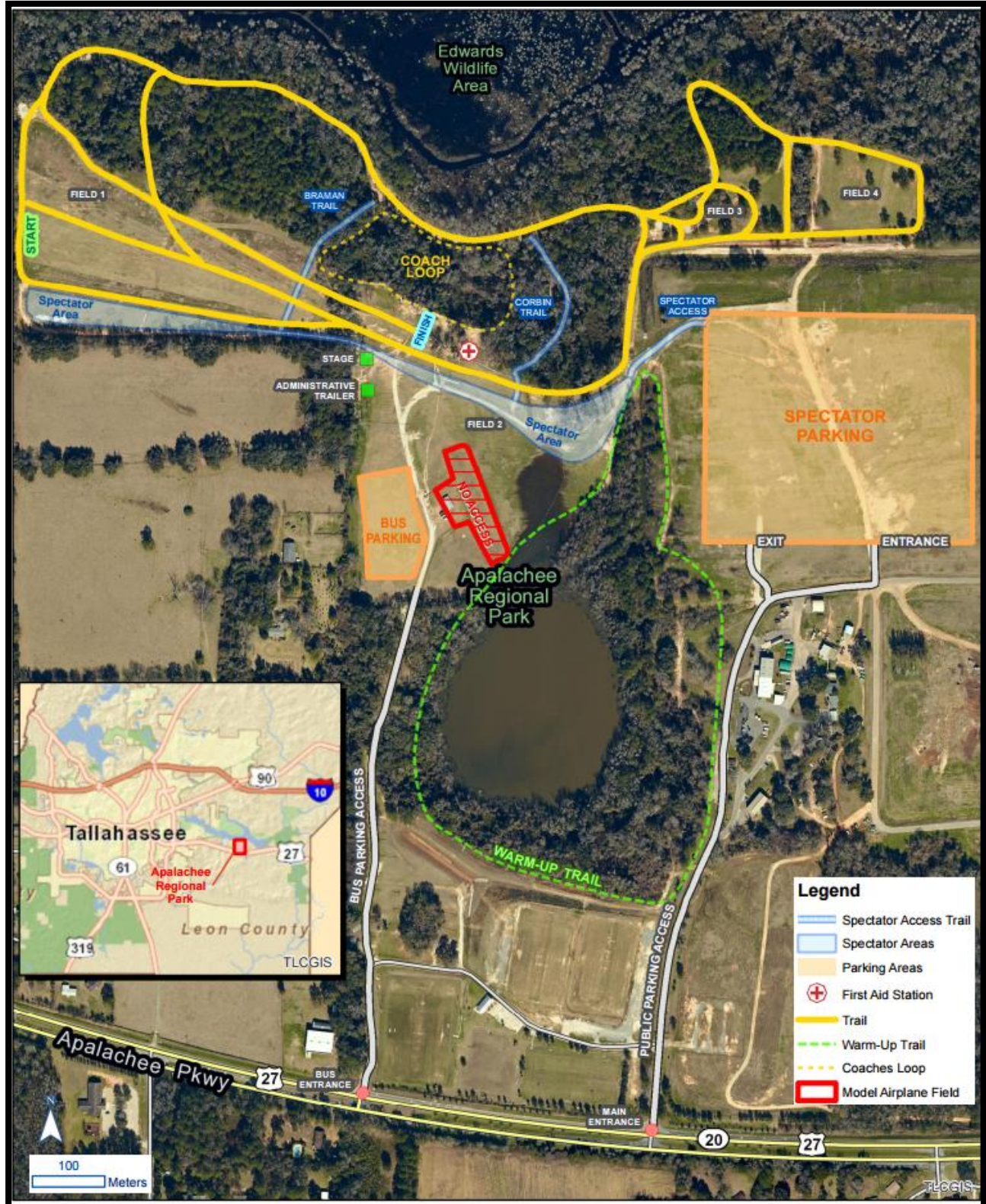
3300 Capital Circle SW, Tallahassee, Florida, 32310

850-826-6890



Apalachee Regional Park

Spectator's Site Map



USATF Junior Olympic Cross Country Championship

Hotel List

The following host hotels offer varied amenities designed to allow USATF members to choose which hotel fits their needs. All rates are based on availability at time of booking and not guaranteed. Please ask for the USATF rate when calling the hotels or use the booking link for discounted rate. If you have any questions or concerns please contact **Amanda Heidecker (850) 606-2317** or heideckera@leoncountyfl.gov .

Hampton Inn Tallahassee Central 2979 Apalachee Pkwy Tallahassee FL 32301 \$114 + tax (includes breakfast) 6.2 miles to course 3.9 miles to packet pick up/opening ceremonies Website: www.tallahasseecentral.hamptoninn.com Phone Reservation: (850) 309-1300 (reference USATF) Click Here for Online Booking Link	Homewood Suites by Hilton 2979 Apalachee Pkwy Tallahassee FL 32301 \$124+ tax (includes breakfast) 6.2 miles to course 3.9 miles to packet pick up/opening ceremonies Website: www.tallahassee.homewoodsuites.com Phone Reservation: (850) 402-9400 (reference USATF) Click Here for Online Booking Link
Quality Inn & Suites Capital District 2020 Apalachee Pkwy Tallahassee, FL 32301 \$69 + tax (includes breakfast) 8.3 miles to course 2.6 miles to packet pick up/opening ceremonies Website: www.QualityInnandSuitesTLH.com Phone Reservation: (850) 877-4437 (reference USATF) Click Here for Online Booking Link	Best Western Pride Inn & Suites 2016 Apalachee Pkwy Tallahassee, FL 32301 \$179.99 + tax (includes breakfast) 8.2 miles to course 2.5 miles to packet pick up/opening ceremonies Website: www.bestwestern.com Phone Reservation: (850) 656-3212 (reference USATF)
Springhill Suites by Marriott 1300 Executive Center Dr Tallahassee, FL 32301 \$109 + tax (includes breakfast) 6.6 miles to course 3.6 miles to packet pick up/opening ceremonies Website: www.Marriott.com/tlhse Phone Reservation: (850) 325-1103 (reference USATF) Click Here for Online Booking Link	Hilton Garden Inn Central 1330 Blirstone Rd Tallahassee FL 32301 \$99+ tax 7.2 miles to course 2.4 miles to packet pick up/opening ceremonies Website: www.TallahasseeCentral.StayHGI.com Phone Reservation: (850) 893-8300 (reference USATF) for Online Booking Link
Wyndham Garden Tallahassee Capitol 1355 Apalachee Pkwy Tallahassee, FL 32301 \$99 + tax 7.9 miles to course 1.8 miles to packet pick up/opening ceremonies Website: www.Wyndham.com/Tallahassee Phone Reservation: (850) 877-3171 (reference USATF) Click Here for Online Booking Link	Comfort Suites 1026 Apalachee Pkwy Tallahassee, FL 32301 \$105 + tax (includes breakfast) 8.3 miles to course 1.4 miles to packet pick up/opening ceremonies Website: www.comfortsuitestallahassee.com Phone Reservation: (850) 224-3200 (reference USATF)

Country Inn & Suites I-10 East 3080 Walden Rd \$82 + tax (includes breakfast) 9.2 miles to course 8.5 miles to packet pick up/opening ceremonies Website: www.countryinns.com Phone Reservation: (850) 942-9955 (reference USATF)	Courtyard Tallahassee Capital 1018 Apalachee Pkwy Tallahassee, FL 32301 \$109 + tax 8.6 miles to course 1.4 miles to packet pick up/opening ceremonies Website: www.CourtyardTallahassee.com Phone Reservations: (850) 222-8822 Click Here for Online Booking Link
Aloft Tallahassee Downtown 200 N Monroe St Tallahassee, FL 32301 \$119 +tax 9.7 miles to course .7 miles to packet pick up/opening ceremonies Website: www.Marriott.com/TLHDT Phone Reservation: (850) 513-0313 (reference USATF) Click Here for Online Booking Link	Doubletree by Hilton Tallahassee 101 S Adams St Tallahassee FL 32301 \$119 + tax/ Single, \$129 + tax/Double 9.5 miles to course .4 miles to packet pick up/opening ceremonies Website: www.tallahassee.doubletree.com Phone Reservation: (850) 224-5000 (reference NJO) Click Here for Online Booking Link
Hotel Duval 415 N Monroe St Tallahassee, FL 32301 \$129 + tax 9.7 miles to course .8 miles to packet pick up/opening ceremonies Website: www.hotelduval.com Phone Reservation: (850) 224-6000 (reference USATF) Click Here for Online Booking Link	Four Points Tallahassee Downtown 316 W Tennessee St Tallahassee FL 32301 \$119 + tax 9.9 miles to course .5 miles to packet pick up/opening ceremonies course Website: www.fourpointstallahasseedowntown.com Phone Reservation: (850) 422-0071 (reference USATF) Click Here for Online Booking Link
Residence Inn Universities at the Capitol 600 W Gaines St Tallahassee, FL 32304 \$129 +tax (includes breakfast) 10.3 miles to course .4 miles to packet pick up/opening ceremonies Website: www.Marriott.com/TLHDT Phone Reservation: (850) 329-9080 (reference USATF) Click Here for Online Booking Link	Holiday Inn Express Tallahassee I-10 East 1653 Raymond Diehl Rd Tallahassee, FL 32308 \$119 + tax (includes breakfast) 11 miles to course 5.7 miles to packet pick up/opening ceremonies Website: www.IHG.com/HolidayInnExpress Phone Reservation: (850) 386-7500 (reference USATF) Click Here for Online Booking Link
Hampton Inn & Suites I-10 North 3388 Lonnbladh Rd Tallahassee, FL 32308 \$109 + tax (Includes breakfast) 11 miles to course 5.5 miles to packet pick up/opening ceremonies Website: www.Hampton-Inn-I10-Tallahassee.com Phone Reservation: (850) 574-4919 (reference USATF) Click Here for Online Booking Link	Hilton Garden Inn Tallahassee 3333 Thomasville Road Tallahassee FL 32308 \$109+ tax 15.1 miles to course 5.4 miles to packet pick up/opening ceremonies Website: www.Tallahassee.HGI.com Phone Reservation: (850) 329-9028 (reference USATF) Click Here for Online Booking Link

<p>Howard Johnson Express Inn-Tallahassee 2726 N. Monroe St Tallahassee, FL 32303 \$59 + tax (Includes breakfast) 18.9 miles to course 3.4 miles to packet pick up/opening ceremonies Website: www.Hojo.com/Hotel/09896 Phone Reservation: (850) 386-5000 (reference USATF)</p>	<p>Red Roof Inn 2930 Hospitality St Tallahassee, FL 32303 \$249 + tax (includes breakfast) 19 miles to course 3.8 miles to packet pick up/opening ceremonies Website: www.RedRoof.com Phone Reservation: (850) 385-7884 (reference USATF)</p>
<p>Candlewood Suites Tallahassee 2815 Lakeshore Drive W Tallahassee, FL 32312 \$94.95 + tax 18.9 miles to course 3.6 miles to packet pick up/opening ceremonies Website: www.candlewoodsuites.com/Tallahassee Phone Reservation: (850) 597-7000 (reference USATF) Click Here for Online Booking Link</p>	<p>Holiday Inn Hotel & Suites 2725 Graves Rd Tallahassee FL 32303 \$139+ tax 19.4 miles to course 4.3 miles to packet pick up/opening ceremonies Website: www.Holiday-Inn.com/Tallahassee10.com Phone Reservation: (850) 402-9400 (reference USATF) Click Here for Online Booking Link</p>