

**2010 USATF NATIONAL JUNIOR OLYMPIC
Track & Field Championships**



July 27 – August 1

**Sacramento City College
Hughes Stadium
Sacramento, California**

PASSPORT

www.usatf.org/youth

WELCOME TO SACRAMENTO

The 44th USATF National Junior Olympic Track & Field Championships will be held at Sacramento City College, Sacramento California. The USATF Junior Olympic Track & Field Championships is the most visible youth athletic development program in the world. Many of today's Olympic stars begin their track and field careers competing in the USATF National Junior Olympic Track & Field Championships.

Up to 6,000 athletes are expected to converge on Sacramento for the USATF National Junior Olympic Track & Field Championships. Entry for this championship is based on athlete performances at Preliminary, Association, and Regional levels of the 2010 USATF Junior Olympic Program. Competition takes place in five two-year age divisions, with athletes generally falling between the ages of 8 and 18.

With a seating capacity of 22,000, Sacramento City College hosted the 1968, 1982 & 1995 USA Outdoor Track & Field Championships as well as the California State High School Championships and will prove to be a premier host for this year's Junior Olympics.

America's next generation of track and field stars will be competing throughout the summer and will take center stage at the national championships in Sacramento, California and we hope that you will join in on the excitement!

DON'T MISS THE ACTION!

This year's National Junior Olympic Track & Field Championships will be available via webcast! For more information, visit www.usatf.org/youth.

TICKET INFORMATION

	<u>Daily Admission</u>	<u>Multi-Session Passes</u>		
		<u>6-day</u>	<u>4-day</u>	<u>2-day</u>
Adults	\$8	\$35	\$28	\$15
Children age 7-12	\$6	\$22	--	--
Children age 6 & under	free	--	--	--

Coaches who have a valid 2010 USATF Membership Card (with "Coach" as one of the designated member categories) and background checked as of July 1, 2010 will be provided with complimentary wristbands for admission only. Proper identification must be shown in order to receive the admission wristband, available at packet pick-up in the classrooms located on the West side of the stadium.

FACILITY INFORMATION

Individual coolers are permitted, however they are subject to search by security personnel. Prohibited items include glass bottles, alcohol, grills or portable cooking units, pets/animals, and weapons. Sacramento City College is a non-smoking facility. Team tents are allowed in the end zone and bleachers in the top eight rows. Tents are not allowed in the blue seats in front of the press box. Tents and umbrellas may not block the view of other patrons. Umbrellas will be allowed in the east bleachers only. No umbrellas regardless of size will be allowed in the seats located in front of the press box.

Bus and RV parking is available in designated lots. However, electrical and water connections for RV use are not available.

Only individuals with an appropriate credential will be allowed on the track and infield. This rule will be strictly enforced.

EVENT DIRECTOR

John Mansoor
Pacific Association
120 Ponderosa Ct
Folsom, CA 95630

Phone 916-983-4715
PAUSATF@aol.com

ATHLETE ENTRY INFORMATION

Entry Information

The Junior Olympic program is a progression series of meets consisting of Preliminary, Association, Regional, and National meets. Athletes are required to enter online at the first level of competition, as advancement is based upon performance (i.e., an athlete cannot directly submit an entry form for the Regional competition; he/she must have competed and advanced at the Association meet). Athletes must meet certain eligibility requirements to compete. Qualification dates and locations for your local Association can be found by visiting <http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp>

Eligibility Requirements

- Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions.
- The competition will be conducted in five age divisions as follows:

<i>Bantam</i>	born 2000 and later	<i>Intermediate</i>	born 1994-1995
<i>Midget</i>	born 1998-1999	<i>Young Men/Women*</i>	born 1992-1993
<i>Youth</i>	born 1996-1997		

*athletes born in 1991 are also eligible if they do not turn 19 on or before 8/01/10
- A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the Bantam and Midget divisions may compete in a maximum of three events, including relays. Competitors in the Youth, Intermediate, and Young divisions may compete in a maximum of four events, including relays. Combined events are not included in the event count.
- All athletes must be 2010 members of USATF in good standing. USATF memberships may be purchased online, through your local Association Office, or by calling the USATF National Office at 317-713-4665.
- All clubs must be USATF member organizations.
- All relay team members must be members of the same club, which must also be registered with the club's local USATF Association for 2010, and must wear jerseys and shorts of the same color.

Qualifying from Association Championships to Regional Championships

Per USATF Rule 305.1(d): "An Association is allocated, by agreement with other Associations in its Region, a certain number of athletes and relay teams from the Association level to the Regional level through the Association Championships."

Qualifying from Regional Championships to National Championships

Track & field shall advance three individuals and three relay teams from each Regional Championship to the National Championship. These shall be the top three finishers in each event, or successive event finishers who have achieved a performance standard at the Regional Championship when fewer than three declare in the event from that Region for the National Championship (see pages 4-5 for the performance standards).

The combined events shall advance the top two finishers. A third shall advance only after meeting a performance standard at the Regional Championship.

Athletes who qualify based on the performance standard MUST declare their intent to compete by completing the advancement paperwork at their Regional Championship. (No exceptions.)

All entry into the National Championships must be completed online -- entries cannot be accepted by any other method. No on-site entries or changes will be allowed.

Boys 2010 Junior Olympic Track & Field Performance Standards

Bantam Boys (born 2000 or later)

100m	13.83
200m	28.29*
400m	1:06.92
800m	2:35.41
1500m	5:14.44
1500m Race Walk	12:22.81
4x100 Relay	57.00
4x400 Relay	4:41.86
High Jump	1.25 m
Long Jump	4.26 m
Shot Put (6 lb.)	8.51 m
Mini Javelin Throw (300 g)	28.65 m
Triathlon	623

Midget Boys (born 1998-99)

100m	12.83
200m	26.42
400m	1:02.77
800m	2:25.97
1500m	4:52.02
3000m	10:36.66
80m Hurdles (30")	13.15
1500m Race Walk	9:49.18
4x100 Relay	51.13
4x400 Relay	4:16.71
4x800 Relay	10:22.70
High Jump	1.45 m
Long Jump	4.84 m
Shot Put (6 lb.)	11.45m
Discus Throw (1 kg)	28.65 m
Mini Javelin Throw (300 g)	36.87 m
Pentathlon	2001

Youth Boys (born 1996-97)

100m	11.74
200m	23.63
400m	52.76
800m	2:09.97
1500m	4:26.03
3000m	9:48.23
100m Hurdles (33")	14.61
200m Hurdles (30")	27.27
3000m Race Walk	23:31.60
4x100 Relay	46.37
4x400 Relay	3:43.35
4x800 Relay	9:16.15
High Jump	1.70 m
Pole Vault	3.05 m
Long Jump	5.84 m
Triple Jump	11.78 m
Shot Put (4 kg)	14.09 m
Discus Throw (1 kg)	42.48 m
Javelin Throw (600 g)	43.30 m
Pentathlon	2484

Intermediate Boys (born 1994-95)

100m	11.18
200m	22.36
400m	49.87
800m	2:06.90
1500m	4:11.71
3000m	9:13.08
110m Hurdles (39")	17.89
400m Hurdles (36")	58.75
2000m Steeplechase	6:44.05
3000m Race Walk	19:57.73
4x100 Relay	44.15
4x400 Relay	3:27.93
4x800 Relay	8:44.44
High Jump	1.85 m
Pole Vault	4.15 m
Long Jump	6.56 m
Triple Jump	13.42 m
Shot Put (12 lb.)	14.83 m
Discus Throw (1.6 kg)	43.43 m
Hammer Throw (12 lb.)	42.50 m
Javelin Throw (800 g)	48.65 m
Decathlon	4847

Young Men (born 1992-93)*

100m	10.95
200m	21.89
400m	50.04
800m	1:58.66
1500m	4:08.32
5000m	16:12.25
110m Hurdles (39")	14.38
400m Hurdles (36")	55.84
2000m Steeplechase	6:26.10
3000m Race Walk	22:39.30
4x100m	42.74
4x400m	3:22.59
4x800m	8:09.78
High Jump	2.00 m
Pole Vault	4.65 m
Long Jump	7.05 m
Triple Jump	14.29 m
Shot Put (12 lb.)	16.14 m
Discus Throw (1.6 kg)	49.02 m
Hammer Throw (12 lb.)	50.02 m
Javelin Throw (800 g)	50.68 m
Decathlon	5936

**athletes born in 1991 are also eligible if they do not turn 19 on or before 8/01/2010*

COMPETITION INFORMATION

Packet Pick-up

Athletes will be able to pick up their competition numbers and related materials inside the Classrooms located on the West Side of the Stadium, Monday, July 26 - Sunday, August 1.

NOTE: If your event is early in the morning, we strongly recommend that you pick up your competition number at least one day in advance of your competition. The meet management will not be held accountable for individuals missing an event due to late packet pick-up or any other reason. There will be a \$5.00 charge for replacement of all lost numbers.

Packet Pick-up Schedule

Monday	July 26	10:00am-8:00pm
Tuesday	July 27	7:00am-8:00pm
Wednesday	July 28	7:00am-6:00pm
Thursday	July 29	7:00am-7:00pm
Friday	July 30	7:00am-5:00pm
Saturday	July 31	7:00am-2:00pm
Sunday	August 1	7:00am-2:00pm

Opening Ceremony

Athletes, coaches, and officials are invited to participate in the 2010 USATF National Junior Olympic Track & Field Championships Opening Ceremony on Wednesday, July 28 at 6:45 p.m. at Hughes Stadium. We encourage all teams to represent their region and team by wearing their team attire and carrying the team banner.

All teams and their regional coordinators will assemble on the NE side of the track near the clerking area. From this location, the athletes will parade around the track and then be guided to their seats for the ceremony.

Photographer

Action Sports Images will serve as the LOC photographer and will take individual and Award ceremony photos through the JOTF Championships. Information on purchasing photographs will be available on-site or on the Action Sports Images website following the conclusion of the event. www.ActionSportsImages.com.

Event Check-In

There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after check-in.

Warm-up Area

A warm-up area, adjacent to the Stadium on the West side, will be available for athlete use.

Implements

Meet Management will provide batons for the relays and implements for the throwing events (shot, hammer, discus, javelin). Participants must use the implements provided for competition. Personal implements in the throwing events will not be allowed.

Hammer Throw and Javelin

The hammer and javelin throw will be conducted at Hughes Stadium.

Spike Length

The maximum spike length allowed for running events and field events is listed below.

- 1/4" pyramid
- Christmas tree spikes are not allowed.

Starting Heights

The starting heights for the high jump and the pole vault will follow Rule 302.5(o). In the National Junior Olympic Championships, the starting heights shall be two (2) increments below the national standard as determined by the Youth Athletics Committee. Incremental increases shall be 5 cm in the High Jump and 15 cm in the Pole Vault.

Pole Vault

Refer to USATF Rule 302.5(n). All competitors must provide their own vaulting poles. Participants in the Pole Vault competition will be weighted. All poles will be inspected for manufacturers' pole ratings and the maximum top hand hold position as determined by the manufacturer. The competitors' weights must be at or below the manufacturers' pole ratings. **NO EXCEPTIONS.** Poles will be impounded at the time of inspection and delivered to the competition site at time of warm-up for the event.

Athletes may ship vaulting poles directly to the Pacific Association. Shipments should be scheduled to arrive between July 12-16, 2010. Send shipments to:

Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630, 916-983-4715

Weigh-in and pole inspection will take place in the equipment room on the southeast side of the track during the times provided below:

Tuesday, July 27	8:00 am - 2:00 pm
Wednesday, July 28	7:00 am - 4:00 pm
Thursday, July 29	7:00 am - 4:00 pm
Friday, July 30	7:00 am - 4:00 pm
Saturday, July 31	7:00 am - 4:00 pm
Sunday, August 1	7:00 am - 9:00 am

Protests

Protests relating to matters that developed during the conduct of the competition must be made to the Protest Referee at once and not later than 30 minutes after a result has been announced. This time period will be strictly enforced. There will be a \$100 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the 2010 USATF Rules of Competition may be protested. Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted. *Please note USATF Rule 119. 4 when considering the use of video /photo footage for protests*

Awards

National Championship Medals will be awarded for first through eighth place in each event. Presentations will be made 90 minutes after the event is completed in the awards area.

Medical Services

A medical team of volunteers, including medical technicians, paramedics, athletic trainers, physical therapists, nurses, physicians, and students will be on-site to handle medical concerns and injuries.

The primary athlete medical station will be located at the common finish line and in the warm-up area.

Medical stations for spectators will be located at the north end of the stadium identified by a Red Cross sign under the concourse of the stadium. EMS will be located track side. Anyone experiencing a medical emergency should locate the nearest "event staff" personnel or police officer for assistance.

ADA Accommodations

USA Track & Field has specific procedures to be followed by disabled athletes wishing to compete in 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 Accommodation Request procedures sufficiently in advance to enable USATF to complete its review and decision-making process prior to the relevant competition. Please see the USATF "Policy & Procedures for Accommodation Requests Pursuant to the American with Disabilities Act" for more information.

SCHEDULE OF EVENTS (subject to change..... visit USATF Website)**Tuesday, July 27, 2010**

8:00 a.m.	Heptathlon 100m Hurdles High Jump Shot Put 200m							IG IG IG IG	YW YW YW YW		day 1
9:00	Pentathlon 100m Hurdles Shot Put High Jump Long Jump 800m/1500m					YG YG YG YG YG		YB YB YB YB YB			final
10:00	Decathlon 100m Long Jump Shot Put High Jump 400m							IB IB IB IB IB		YM YM YM YM YM	day 1
10:45	2000m Steeplechase							IG		YW	final
11:15	2000m Steeplechase								IB		YM final
11:45	3000m Race Walk					YG					final
12:45 p.m.	3000m Race Walk							YB			final
1:45	1500m Race Walk	BG									final
2:30	1500m Race Walk		BB								final
3:15	1500m Race Walk			MG							final
4:00	1500m Race Walk				MB						final

Wednesday, July 28, 2010

8:00 a.m.	Decathlon 110m Hurdles Discus Throw Pole Vault Javelin Throw 1500m									YM YM YM YM YM YM	final	
	Heptathlon Long Jump Javelin Throw 800m								YW YW YW YW		final	
8:30	Pentathlon 80m Hurdles Shot Put High Jump Long Jump 800m/1500m			MG MG MG MG MG	MB MB MB MB MB						final	
9:00	Heptathlon Long Jump Javelin Throw 800m							IG IG IG IG			final	
	3000m Race Walk							IG		YW	final	
10:30	Decathlon 110m Hurdles Discus Throw Pole Vault Javelin Throw 1500m								IB IB IB IB IB		final	
11:00	3000m Race Walk								IB		YM	final
12:00 p.m.	Triathlon Shot Put High Jump 200m/400m	BG BG BG BG	BB BB BB BB									final
12:30	4x800m Relay			MG	MB							final
1:30	4x800m Relay					YG	YB					final
2:30	4x800m Relay							IG	IB			final
3:30	4x800m Relay									YW	YM	final

Thursday, July 29, 2010

8:00 a.m.	5000m										YM	final
	Long Jump					YG						final
	Triple Jump										YM	final
	High Jump							IG				final
	Javelin Throw					MB						final
	Shot Put										YM	final
	Discus Throw							YB				final
8:30	3000m								IB			final
9:00	800m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	1st round
9:30	Pole Vault					YG						final
11:30	200m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	1st round
12:00 p.m.	Long Jump	BG										final
	Triple Jump								IB			final
	High Jump			MG								final
	Javelin Throw		BB									final
	Shot Put									YW		final
	Discus Throw					YG						final
2:30	4x400m Relay	BG	BB									1st round
	Pole Vault							YB				final
3:30	4x400m Relay			MG	MB							1st round
4:00	Long Jump				MB							final
	Triple Jump						YB					
	High Jump					YG						final
	Shot Put								IB			final
	Discus Throw			MG								final
4:30	4x400m Relay					YG	YB					1st round
5:30	4x400m Relay							IG	IB			1st round
6:30	4x400m Relay									YW	YM	1st round

Friday, July 30, 2010

8:00 a.m.	100m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	1st round
	Long Jump						YB					final
	Triple Jump					YG						final
	High Jump									YW		final
	Javelin Throw			MG								final
	Shot Put							IG				final
	Discus Throw				MB							final
9:30	Pole Vault							IG				final
11:00	1500m					YG	YB	IG	IB	YW	YM	1st round
12:00 p.m.	Long Jump			MG								final
	Triple Jump							IG				final
	High Jump								IB			final
	Javelin Throw	BG										final
	Shot Put		BB									final
	Discus Throw									YW		final
12:30	400m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	1st round
2:30	Pole Vault									YW		final
3:30	4x100m Relay	BG	BB									1st round
4:00	4x100m Relay			MG	MB							1st round
	Long Jump		BB									final
	Triple Jump									YW		final
	High Jump										YM	final
	Javelin Throw					YG						final
	Shot Put	BG										final
	Discus Throw								IB			final
4:30	4x100m Relay					YG	YB					1st round
5:00	4x100m Relay							IG	IB			1st round
5:30	4x100m Relay									YW	YM	1st round

Saturday, July 31, 2010													
8:00 a.m.	400m Hurdles								IB		YM	1st round	
	Long Jump										YM	final	
	High Jump	BG										final	
	Javelin Throw									YW		final	
	Shot Put			MG								final	
	Discus Throw							IG				final	
8:45	400m Hurdles							IG		YW		1st round	
9:30	200m Hurdles					YG	YB					1st round	
	Pole Vault									IB		final	
10:00	3000m			MG	MB								final
11:00	3000m					YG	YB					final	
12:00 p.m.	3000m							IG		YW		final	
	Long Jump									IB		final	
	High Jump		BB									final	
	Javelin Throw							IG				final	
	Shot Put						YB					final	
	Discus Throw										YM	final	
1:00	200m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	final	
1:30	110m Hurdles									IB	YM	1st round	
2:15	100m Hurdles							IG		YW		1st round	
							YB					1st round	
						YG						1st round	
3:30	80m Hurdles			MG	MB							1st round	
4:00	Long Jump									YW		final	
	High Jump				MB							final	
	Javelin Throw						YB					final	
	Shot Put					YG						final	
	Hammer Throw							IG				final	
4:00	Disabled 800m (Wheelchair)	Mixed		Boys								exhibition	
	Disabled 800m(Ambulatory)	Boys		Girls								exhibition	
	800m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	final	
4:45	4x100m Relay	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	final	

Sunday, August 1, 2010

8:00 a.m.	Long Jump							IG				final
	High Jump						YB					final
	Shot Put					MB						final
	Hammer Throw									YW		final
9:00	100m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	final
9:30	400m Hurdles								IB		YM	final
	Pole Vault										YM	final
9:45	400m Hurdles							IG		YW		final
10:00	200m Hurdles					YG	YB					final
10:15	1500m	BG	BB	MG	MB							final
11:00	Javelin Throw								IB			final
	Hammer Throw										YM	final
11:30	400m	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	final
12:00 p.m.	1500m					YG	YB	IG	IB	YW	YM	final
1:30	110m Hurdles								IB		YM	final
1:45	100m Hurdles							IG		YW		final
	100m Hurdles						YB					final
	100m Hurdles					YG						final
2:00	Javelin Throw										YM	final
	Hammer Throw								IB			final
2:15	80m Hurdles			MG	MB							final
2:30	4x400m Relay	BG	BB	MG	MB	YG	YB	IG	IB	YW	YM	final

HOUSING

The hotels listed below are available at special rates for the USATF National Junior Olympic Track & Field Championships. All room prices shown below are per room-single/double-per night and do not include tax.

	Nightly Rate		Miles to Track
Doubletree Hotel *	\$112	916- 929-8855	7
Sheraton Grand Hotel	\$119	800-325-3535	3
Residence Inn by Marriott	\$109	800-331-3131	3
Red Lion Hotel	\$129	916-922-8041	6
Ramada Limited – Discovery Park	\$69	916-442-6971	6
Hilton Sacramento	\$125	800-344-4321	7
Best Western Expo Inn	\$98	916-487-7600	9
Marriott Rancho Cordova ***	\$109	916-638-1100	15

* Headquarters Hotel

** Use 546379 when making reservations

*** Price includes breakfast

TRAVEL

The Sacramento International Airport (SMF) is located 12 miles northwest of downtown Sacramento on Interstate 5.

Sacramento International Airport

6900 Airport Boulevard
Sacramento, CA 95837

Airlines

Delta Air Lines/Northwest Airlines	(800) 221-1212
Hawaiian Airlines	(800) 367-5320
Southwest Airlines	(800) 435-9792
U.S. Airways	(800) 428-4322
Alaska Airlines	(800) 426-0333
American Airlines *	(800) 433-7300
Continental Airlines	(800) 523-3273
Frontier Airlines	(800) 265-5505
Horizon Air	(800) 547-9308
JetBlue	(800) 538-2583
Mexicana Airlines	(800) 531-7921
United Airlines/United Express	(800) 241-6522

* USA Track & Field has negotiated airline discounts for this event on American Airlines. To receive the discount for flights to Sacramento follow the instructions provided below:

5% discount on tickets purchased at www.aa.com that properly submit the promotion code "9870AT" during the online booking.

Applicable travel dates are July 19 - August 4, 2010.

Rental Car agencies - Sacramento International Airport

Alamo	(800) 327-9633
Avis	(916) 922-5601
Budget	(800) 763-2999
Dollar	(800) 800-4000
Enterprise	(800) 736-8227
Hertz	(800) 654-3131
National	(800) 227-7366

Taxi/Limo Service

Transportation to downtown and Junior Olympic hotels is available by taxi (approx. \$30. to downtown).

Yellow Cab	(916) 444-2222
Checker Cab	(916) 443-3333
California Co-op Cab	(916) 444-7777
BC – Cab	(916) 443-3333

Limousines

California Limo	(916) 447-4747
Neumann Ent.	(916) 922-5466
Top Notch Limo	(916) 481-5466
Universal Limo	(916) 361-5466

Van/Shuttle Service

SuperShuttle is the exclusive provider of on-call van service at Sacramento International Airport (SMF). Book online and save \$2.00. For service from SMF to the DoubleTree (headquarters hotel) use discount code "95ZL6" and pay \$15 per person. Visit www.supershuttle.com or call 1-800-Blue Van.

For private rides choose ExecuCar. Visit www.execucar.com and save \$5.00 by using discount code 95ZL6 or call 1-800-410-4444.

Motor coach Companies/ Charters

Delta Charter	(916) 209-8541
All West Coach USA	(800) 843-2121
Amador Stage Lines	(916) 444-7883
Silverado Stages	(916) 376-8455

Other Ground Transportation

Sacramento Regional Transit offers both bus and Light Rail service to Hughes Stadium at Sacramento City College. The service runs 365 days of the year. Buses run from 5:00 am – 11:30 pm and Light Rail operates from 4:30 am – 1:00 am.

For specific routes and times go to www.sacr.com and click on the Online Trip Planner.

Arden Area Restaurants

Applebee's	2024 Arden Way	(916) 564-5296
Buca Di Beppo	1249 Howe Avenue	(916) 922-6673
California Café	1689 Arden Way #1058	(916) 925-2233
California Pizza Kitchen	1689 Arden Way #220	(916) 568-0932
Cheesecake Factory	1771 Arden Way	(916) 567-0606
Chevy's Fresh Mex	1234 Howe Avenue	(916) 923-6574
Chick-Fil-A	2101 Alta Arden Expressway	(916) 922-2814
Chili's Grill & Bar	1830 Arden Way	(916) 929-5838
Coco's Family Restaurant	1830 Arden Way	(916) 922-6741
Denny's Restaurant	1322 Howe Avenue	(916) 924-6755
Dos Coyotes Border Café	1735 Arden Way #230	(916) 927-0377
Elephant Bar Restaurant	1500 Arden Way	(916) 564-2526
El Torito	1598 Arden Way	(916) 927-0071
Enotria Café & Wine Bar	1431 Del Paso Blvd	(916) 922-6792
Johnny Rockets	1689 Arden Way	(916) 564-9567
Kico's Mexican Food	2324 Arden Way	(916) 924-3571
Mimi's Café	2029 Alta Arden Expressway	(916) 614-9278
Olive Garden	1780 Challenge Way	(916) 649-8305
Panda Express	1735 Arden Way #224	(916) 921-5386
Pluto's	1735 Arden Way	(916) 921-2500
Red Lobster	1400 Howe Avenue	(916) 921-6011
Taro's	1735 Arden Way #200	(916) 564-2114
Tex Wasabi's	2243 Arden Way	(916) 927-8399
Texas West BBQ	1600 Fulton Avenue	(916) 718-6343

3K Fun Run

The competition does not end with the youth athletes. This year's National Championship event will host a 3k run for everyone! Enjoy a scenic 2-loop course around beautiful William Land Park conveniently located across the street from Hughes Stadium. Start Sunday morning with a quick run and head to the stadium for the last day of competition complete with action-packed finals you won't want to miss!

Date

Sunday August 1, 2010 – 8:00 am

Location

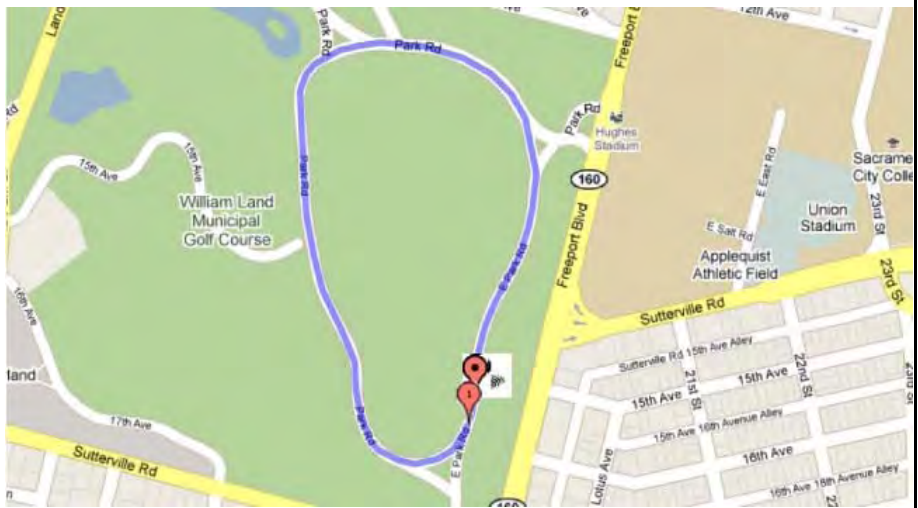
William Land Park - across the street from Hughes Stadium. The start and finish will occur near the Village Green at the park. Street parking is available on Sutterville Road, garage parking at Sacramento City College.

Entry Information

- 3K event for all ages!
- \$25 per entry
- T-shirts to all entrants
- Awards for single year youth ages (10, 11,12, 13, 14, 15,16,17, 18) and for 10 year age divisions 19-29, 30-39, 40-49, 50-59, 60-69, 70+.
- [Enter](#) online at Active.com

(http://www.active.com/page/Event_Details.htm?event_id=1863119&assetId=07e0dbef-d78c-4893-b5f1-1ca2c8bc42ba)

Course Map



AREA ATTRACTIONS

The discovery of gold near Sacramento in 1848 started California's famous "Gold Rush," bringing thousands of fortune seekers and entrepreneurs to the area almost overnight. Today, visitors discover their own kind of gold when they come to California's cosmopolitan state capital as a sports destination. Sacramento is home to great restaurants, shopping, performing arts and museums with just enough well-preserved history to deliver a truly unique visitor experience.

As a metropolitan hub and Capital of California, Sacramento offers plenty of cultural, recreational and dining opportunities- from North America's largest railroad museum to professional basketball to dining on a historic riverboat. As the center of California's famed Gold Rush era, the city has preserved "Old Sacramento", 28 acres of historic buildings constructed in the 1800's, along the banks of the Sacramento River. Old Sacramento features more than 125 shops and restaurants, horse-drawn carriages and wooden sidewalks.

The California State Fair will be held during the USATF National Junior Olympic competition and is located ½ mile from the Point West hotels which include the headquarters hotel, the Doubletree, as well as the Hilton, Red Lion, and the Radisson.

Sacramento is also one of the state's most accessible and most affordable destinations. Sacramento International Airport is served by more than a dozen airlines and more than 150 daily flights. The city is located just 90 miles northeast of San Francisco and 90 miles south of Lake Tahoe.

Sacramento enjoys mild year round temperatures with an average July temperature of 88 degrees. Summer is dry with little humidity and abundant sunshine.

Our visitors agree: when you come to Sacramento, you discover gold! For more information go to: www.discovergold.org

MARK YOUR CALENDARS

2010

Junior Olympic XC Champs. Dec. 11 Hoover, AL

2011

USA Youth TF Champs.	June 28 – July 3	Myrtle Beach, SC
Junior Olympic TF Champs.	July 26– July 31	Wichita, KS
Junior Olympic XC Champs.	December 10	Myrtle Beach, SC



Sacramento Area Map

with Hotel Locations and Points of Interest

Hotels

Headquarter Hotels

1. DoubleTree Hotel
2. Red Lion Sacramento Inn
3. Hilton Arden West

Additional Hotels

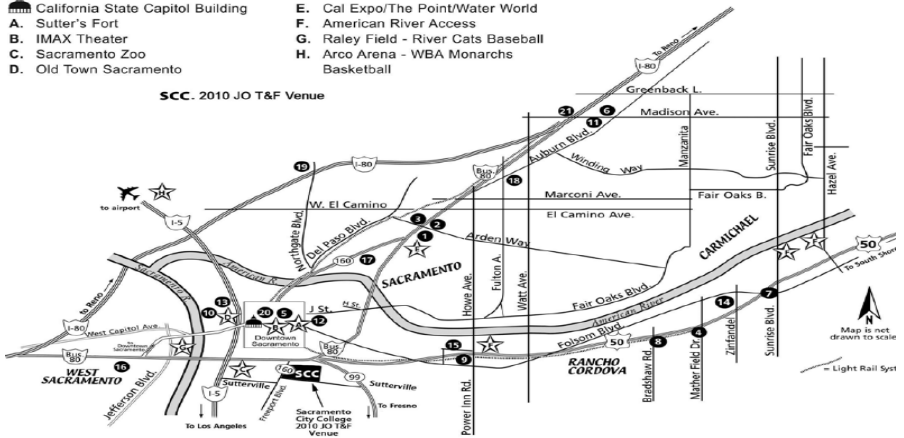
4. Best Inns & Suites
5. Clarion Hotel
6. Holiday Inn N.E.
7. Holiday Inn Rancho Cordova
8. Howard Johnson
9. Inns of America Sacramento

10. La Quinta Inn Downtown
11. La Quinta Inn Madison Ave.
12. Motel 6 Downtown
13. Motel 6 Old Sacramento North
14. Motel 6 Rancho Cordova
15. Motel 6 Sacramento Central
16. Motel 6 West Sacramento
17. Ramada Inn
18. Red Roof Inn
19. Sheraton Grand
20. Vagabond Inn-Madison Ave.

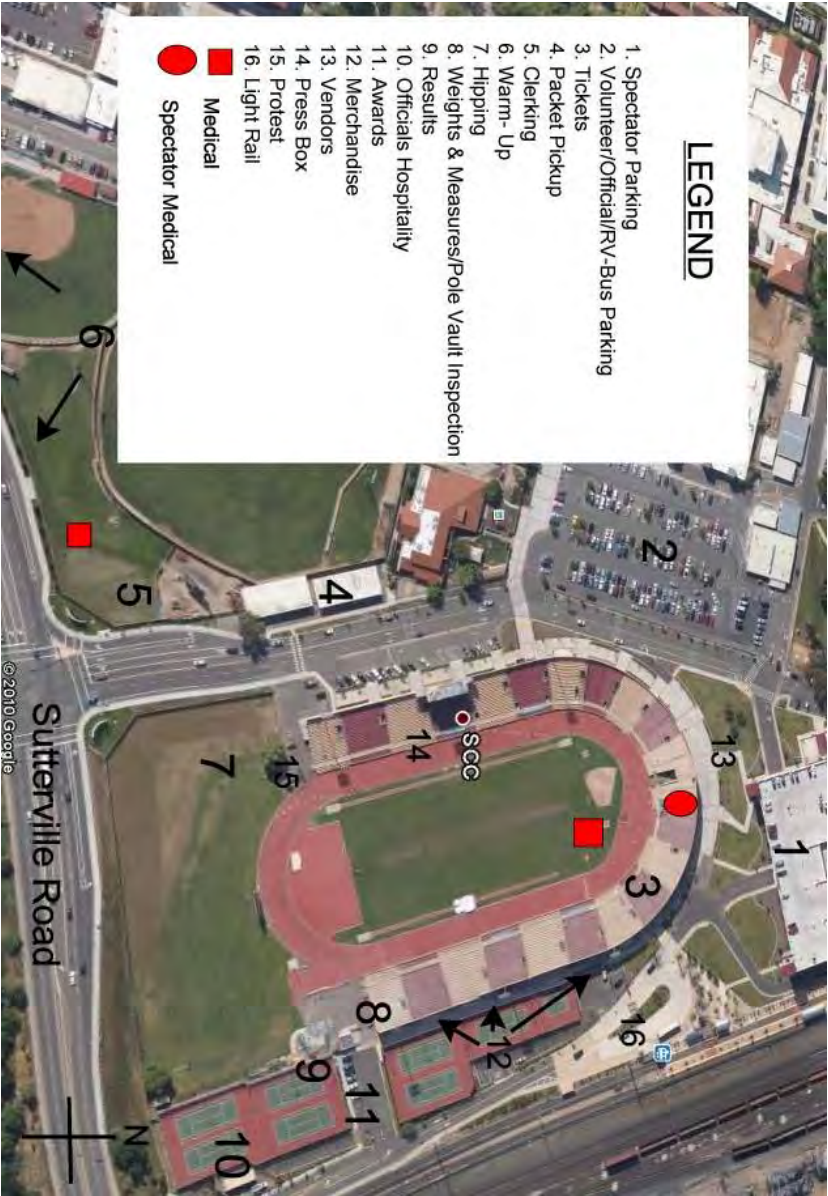
Sacramento Activities and Points of Interest

- ▲ California State Capitol Building
- A. Sutter's Fort
- B. IMAX Theater
- C. Sacramento Zoo
- D. Old Town Sacramento
- E. Cal Expo/The Point/Water World
- F. American River Access
- G. Raley Field - River Cats Baseball
- H. Arco Arena - WBA Monarchs Basketball

SCC. 2010 JO T&F Venue



HUGHES STADIUM - FACILITY MAP



Notes