

**2011 USATF National  
Junior Olympic Cross Country  
Championships**



**Whispering Pines Golf Course  
Myrtle Beach, SC**

**Saturday, December 10, 2011**

**[www.usatf.org/youth](http://www.usatf.org/youth)**

## ***WELCOME TO MYRTLE BEACH***

Nearly 3,000 athletes are expected to compete at this year's USATF National Junior Olympic Cross Country Championships in Myrtle Beach, South Carolina on December 10, 2011. The organizing hosts, including The City of Myrtle Beach, Myrtle Beach Area CVB, USATF South Carolina, and Whispering Pines Golf Course look forward to welcoming you to Myrtle Beach for what will be a great National Junior Olympic experience!

USATF's Junior Olympic Cross Country program is made up of developmental meets in many of USATF's 57 local Associations, which lead to Association Championships, and then to 15 Regional Championships. Thousands participate, and the best of the best will converge at the National Championships in South Carolina.

### ***SHOW YOUR SUPPORT!***

Myrtle Beach is offering Official Meet Program advertising for the 2011 USATF National Junior Olympic Cross Country Championships. Show your favorite youth athlete or USATF club support as they trot down the greens of the Whispering Pines Golf course. Advertising prices range from \$75 - \$200. Contact Tim Huber at [THuber@cityofmyrtlebeach.com](mailto:THuber@cityofmyrtlebeach.com) for complete information.

### ***CONTACT***

For up-to-date meet information visit:

<http://www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships/index.asp>

For Myrtle Beach Information visit:

[http://www.visitmyrtlebeach.com/?cid=g\\_brand](http://www.visitmyrtlebeach.com/?cid=g_brand)

November 3, 2011

Dear Athletes, Parents, and Coaches:

Greetings from Myrtle Beach!

I hope you are having a great autumn and a successful, rewarding cross country season. The City of Myrtle Beach, USATF South Carolina, the Myrtle Beach Area Convention and Visitors Bureau and our entire community look forward to hosting the USATF 2011 National Junior Olympic Cross Country Championships, December 9 – 10. Myrtle Beach is extremely honored to be chosen by USATF to host this Championship, and our entire team is committed to making this a truly memorable event for you.



Bringing this National Championship to the nation's #1 family beach has many benefits. Nowhere else will you find our combination of 60,000 affordable hotel rooms and condos (two-thirds are oceanfront/view), 500-plus restaurants, a beautiful 1.2 mile boardwalk and more than 10 miles of spectacular beach. You may think of Myrtle Beach exclusively as a summer destination, but our fall season also boasts a wide variety of amusements, attractions, live shows and shopping choices. We have worked with these accommodation, hospitality and entertainment destinations to offer you a package of discounts to the best of Myrtle Beach.

These recreational benefits aside, your athletes want and deserve a great championship venue. The National Junior Olympic Cross Country Championships will be held at Whispering Pines Golf Course on the southern end of Myrtle Beach. This Certified Audubon Cooperative Sanctuary is carved from 200 acres of towering pines and hardwoods. Opening and closing ceremonies will be held at the Myrtle Beach Convention Center. The opening ceremony begins at 4:30 p.m., Friday December 9, and features a 30 minute "Showtime" performance for parents and spectators while the athletes are staging for the processional, which begins at 5:00.

I am personally committed to the success of this great event and very much look forward to welcoming you here in December. In the meantime, if you have any questions about our community, your accommodations or things to do once you arrive, please call 800-356-3016 or go to <http://www.visitmyrtlebeach.com>.

We'll see you at the beach!

Sincerely,

A handwritten signature in blue ink that reads "John Rhodes". The signature is fluid and cursive, written in a professional style.

John Rhodes  
Mayor

## **EVENT INFORMATION**

### **Thursday, December 8**

Course Walk	Whispering Pines Golf Course	1:00pm-4:00pm
Packet Pick Up	Myrtle Beach Convention Center	4:00pm - 9:00pm
Merchandise Sale	Myrtle Beach Convention Center	4:00pm - 11:00pm

### **Friday, December 9**

Packet Pick Up	Myrtle Beach Convention Center	9:00am - 9:00pm
Merchandise Sale	Myrtle Beach Convention Center	7:30am -10:00pm
Course Walk	Whispering Pines Golf Course	9:00am - 3:00pm
Opening Ceremonies	Myrtle Beach Convention Center	5:00pm

### **Saturday, December 10**

Packet Pick Up	Whispering Pines Golf Course	7:00am - 1:00pm
Merchandise Sale	Whispering Pines Golf Course	6:30am - 5:00pm
Course Preview	Whispering Pines Golf Course	7:00am – 8:00am
Start of First Race	Whispering Pines Golf Course	9:00am
Awards Ceremony	Myrtle Beach Convention Center	6:30pm
Merchandise Sale	Myrtle Beach Convention Center	5:00pm - 10:00pm

## **COMPETITION INFORMATION**

All athletes **MUST REPORT** to the Check-In area no later than **30 MINUTES** before the start of their race.

<b><u>Age Division</u></b>	<b><u>Year of Birth</u></b>	<b><u>Distance</u></b>	<b><u>Start Time</u></b>
Sub-Bantam Girls	Born 2003 or after	2 km	9:00am
Sub-Bantam Boys	Born 2003 or after	2 km	9:30am
Bantam Girls	Born 2001-2002	3 km	10:00am
Bantam Boys	Born 2001-2002	3 km	10:30am
Midget Girls	Born 1999-2000	3 km	11:00am
Midget Boys	Born 1999-2000	3 km	11:30am
Youth Girls	Born 1997-1998	4 km	12:00pm
Youth Boys	Born 1997-1998	4 km	12:30pm
Intermediate Girls	Born 1995-1996	5 km	1:00pm
Intermediate Boys	Born 1995-1996	5 km	1:30pm
Young Women	Born 1993-1994	5 km	2:00pm
Young Men	Born 1993-1994	5 km	2:30pm

***DIVISIONS:*** There are six (6) male and 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.

### **Entry/Advancement Information**

The Junior Olympic program is a progressional 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 enter 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/XC.asp>

See USATF Competition Rule 305.3 for specific rules on qualifying for the National Championships. Generally, the first 20 individual finishers and first three teams in each age division at the Regional Championships will qualify for the National Championships. Athletes and teams from some Associations will qualify directly from their Association Championships as follows: top 10 individuals and 1st team in each age division. Contact your local association or regional meet director to learn more about how to qualify for the National Championships, or visit the Junior Olympic Cross Country website page. **Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the National Championships.**

### **Online Entry and Fees**

The non-refundable entry fee is \$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.**

### **Packet Pick Up**

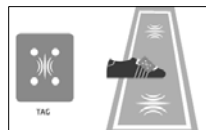
<u>Date</u>	<u>Times</u>	<u>Location</u>
Thursday, Dec. 8, 2011	4:00pm - 9:00pm	Myrtle Beach Convention Center
Friday, Dec.9, 2011	9:00am - 9:00pm	Myrtle Beach Convention Center
Saturday, Dec. 10, 2011	7:00am - 1:00pm	Whispering Pines Golf Course

## **Bib Numbers, Hip Numbers and Chip Timing**

Each athlete will be assigned a bib number, 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 the races are properly scored.



Athletes must wear the bib number, hip number and data tags assigned to them. 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.



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 the pull tab on the bottom of the bib or put safety pins through the tab.

The hip number (worn on the left hip) should also be worn on the athlete's outer layer of clothing.

Each athlete must wear one data tag on each shoe. One data tag may be kept as a souvenir and **athletes must return the other data tag to the event organizers in the finish line area immediately after their race.** Unreturned data tags will incur a charge of \$25.

## **Awards**

Individual awards will be given to the top 25 athletes in each event. Team awards will be given to the top 3 teams in each age division. The awards ceremony will be held on Saturday, December 10, 2011 at 6:30pm at the Myrtle Beach Convention Center.

## **Check-In**

All athletes must report to the staging area 30 minutes before the start of their races; only competing athletes are allowed in this area. Please observe all areas that are roped off and please obey all course monitor directions. Individuals and teams will have designated starting positions.

## **Warm-Up and Staging Areas**

The staging area will provide plenty of space for athlete warm-up and will be clearly designated with signs.

## **Starting Box Assignments/Positions**

Positions are randomly assigned, will vary for each race, and are indicated at the end of this passport. Clerks will be assigned to each starting box. In the event of any position changes, teams and individuals are expected to follow the directions given by the clerks or other USATF or meet personnel.

## **Uniforms**

Each competitor on a qualifying team must have a jersey or 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 race. This means the team jersey should be worn as the outside layer of clothing if other garments are worn during the race. Athletes who are unattached or who compete for a team not in 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**

Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and not later than 30 minutes after a result has been announced, except in the case of long distance races, where the time period shall be 24 hours, and cross country races or the Professional Section of road races, as defined in the race material (website, entry form, etc.), where the time period shall be one hour. The fee to file a protest is \$100. This fee will be returned if the protest is upheld. *Please note USATF Rule 119.4 when considering the use of video /photo footage for protests.*

## **GENERAL INFORMATION**

### **Facility & Course Details**

Whispering Pines Golf Course is described as a distinctive combination of challenge & beauty. In 1998, Whispering Pines was designated a "Certified Audubon Cooperative Sanctuary" by the Audubon International, becoming only the 3rd course in South Carolina to achieve this honor. The course is carved out of 200 acres of towering pines and mature hardwoods, with no backyards, by designers Finger, Dye, and Spahn. After starting the race on the spacious driving range, the tree lined fairways await all Junior Olympians for a scenic journey that will surely produce some fast times and fantastic finishes coming down the 18th fairway towards the clubhouse.

### **Opening Ceremonies**

The Opening Ceremonies, themed 'Showtime', will be held at the Myrtle Beach Convention Center on Friday, December 9, 2011. Athletes should arrive by 4:30pm to be staged to march into the venue, by Region, beginning at 5:00pm. Parents and spectators will be treated to special *pre-show* entertainment from 4:30 -5:00pm!

### **Event Merchandise**

Fine Designs will have unique, specially designed apparel for the 2011 USATF National Junior Olympic Cross Country Championships. The merchandise will be available during packet pick-up at the Myrtle Beach Convention Center and at the course on race day. Please reference the event schedule for merchandise sales times. Memorabilia will include sweatshirts, long and short sleeve shirts and pants. Merchandise may be ordered prior to the Championships by visiting the event website.

<http://www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships/>

### **Photographer**

Action Sports Images will serve as the LOC photographer and will be taking individual and team photos throughout the Championships weekend. Action photos of individuals will be taken during each race and team photos will be taken at the awards ceremony. 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](http://www.ActionSportsImages.com).

### **Team Tent Area**

A specific area for team tents has been designated in proximity to the Start area. Meet management has partnered with "Storm Front" tent company to assist teams and/or regions with their needs. Contact Harold for assistance at 843-602-2370. Tents may be set up beginning at 9am on Friday, December 9, 2011. We will have 24 hour security on site, so your tents will be secure.

### **Spectator Areas**

Spectators are encouraged to watch the races from the many excellent viewing areas without crossing into the course itself. Areas marked with “**credential access only**” or are fenced and roped off are not accessible to the spectators. Course marshals will ensure that spectators honor the established boundaries. The course will be closed at 8am on Saturday, December 10, 2011 to everyone except meet officials, course marshals, official meet photographers, and competitors of each event as called by the meet announcer.

### **First Aid**

A medical tent with doctors, athletic trainers, and paramedics will be on-site. The expert staff will ensure a safe and protected environment. Ambulance gators will be used to transport injured athletes.

### **Weather Conditions**

Temperatures in Myrtle Beach, during the month of December, range from the daily low averaging 35 and the high temperature averaging 60.

### **Parking**

Parking at the Myrtle Beach Convention Center will be sponsored by the Local Organizing Committee. Access to Convention Center Parking for Packet Pick Up, Opening Ceremony and Awards Ceremony is available off either Oak Street or 21st Ave. North (at Farlow St.).

Sheraton Myrtle Beach Convention Center Hotel parking is \$8.00 - inclusive per day (subject to change), per vehicle for overnight guests in the Hotel's attached parking garage with unlimited in and out privileges.

Whispering Pines parking will be along Harrelson Boulevard. All athletes and spectators should take Kings Highway (also known as 17 Business) to 22<sup>nd</sup> Avenue South to access Harrelson Boulevard. Parking attendants will direct you to the best available location at the time of your arrival.

### **ADA Accommodations**

USA Track & Field has specific procedures to be followed by disabled athletes wishing to compete in able-bodied competitions against able-bodied Athletics 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 visit [www.usatf.org/about/policies](http://www.usatf.org/about/policies) for more information.

### **Awards Ceremony**

Individual awards will be given to the top 25 athletes in each event. Team awards will be given to the top 3 teams in each age division. The awards ceremony will be held on Saturday, December 10, 2011 at 6:30pm at the Myrtle Beach Convention Center.

### **Results**

Results for each race will be posted on designated boards near the concession stand and stage area in the course venue and online at:

<http://www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships/results/index.asp>

## **HOUSING & TRAVEL**

### **Housing**

### **Nightly Rate**

Sheraton Myrtle Beach Convention Center Hotel *	888- 627-8203	\$69.00
Camelot by the Sea	800-895-3721	\$60.00-\$81.00
Patricia Grand	800-255-4763	\$54.00-\$64.00
Best Western Plus Carolinian Beach Resort	800-624-8969	\$56.00-\$81.00
Hampton Inn & Suites Oceanfront	843-946-6400 x1586	\$99.00-\$209.00
Island Vista Resort	800-548-0767	\$79.00-\$149.00
Westgate Myrtle Beach Oceanfront Resort	877-502-7058	\$69.00-\$89.00
Grande Shores Ocean Resort	877-233-9982	\$83.00
Ocean Dunes Resort & Villas	800-599-9782	\$55.00-\$109.00
Ocean Forest Plaza	800-599-9872	\$63.00
Ocean Forest Villas	800-599-9872	\$69.00
Sand Dunes Resort & Spa	800-599-9872	\$65.00-\$135.00
Country Inn and Suites	800-596-2375	\$52.00-\$62.00
Staybridge Suites	800-315-1355	\$64.99-\$99.99
Crown Reef Resort	800-405-7333	\$49.00-\$69.00
Beach Cove Resort	800-331-6533	\$65.00-\$90.00
Hampton Inn Northwood	843-497-0077	\$69.00
Aqua Beach Inn	843-916-1301	\$59.00-\$85.00
Hilton Myrtle Beach	800-876-0010	\$79.00

\* Host hotel

### **Travel**

#### **Airlines**

Allegiant Airlines	(702) 505-8888	<a href="http://www.allegiantair.com">www.allegiantair.com</a>
American Airlines/American Eagle	(800) 433-7300	<a href="http://www.aa.com">www.aa.com</a>
Porter	(416) 619-8622	<a href="http://www.flyporter.com">www.flyporter.com</a>
United/Continental Airlines	(800) 525-0280	<a href="http://www.continental.com">www.continental.com</a>
Delta/Swissair	(800) 221-1212	<a href="http://www.delta.com">www.delta.com</a>
Myrtle Beach Direct Air	(877) 432-3473	<a href="http://www.directair.com">www.directair.com</a>
Spirit Airlines	(800) 772-7117	<a href="http://www.spiritair.com">www.spiritair.com</a>
Northwest/KLM	(800) 225-2525	<a href="http://www.nwa.com">www.nwa.com</a>
Southwest	(800) 435-9792	<a href="http://www.southwest.com">www.southwest.com</a>
Myrtle Beach Aviation	(843) 477-1860	<a href="http://www.scaeronautics.com">www.scaeronautics.com</a>
U.S. Air & Express/British Airways	(800) 428-4322	<a href="http://www.usair.com">www.usair.com</a>

### **Rental Cars**

All rental car companies are located on the first level of the Myrtle Beach Airport in the Baggage Claim Area.

Alamo	(800) 462-5266	<a href="http://www.alamo.com">www.alamo.com</a>
Avis	(800) 331-1212	<a href="http://www.avis.com">www.avis.com</a>
Budget	(800) 527-0700	<a href="http://www.budget.com">www.budget.com</a>
Dollar	(866) 434-2226	<a href="http://www.dollar.com">www.dollar.com</a>
Enterprise	(800) 736-8222	<a href="http://www.enterprise.com">www.enterprise.com</a>
Hertz	(800)654-3131	<a href="http://www.hertz.com">www.hertz.com</a>
National	(800) 227-7368	<a href="http://www.nationalcar.com">www.nationalcar.com</a>
Thrifty	(800) 847-4389	<a href="http://www.thrifty.com">www.thrifty.com</a>
U-Save	(800) 441-3741	<a href="http://www.usavemyrtlebeach.com">www.usavemyrtlebeach.com</a>

### **Taxi**

Taxis are available from the ground level of Myrtle Beach Airport (MYR).

### **Participating Hotel Shuttle Service**

The following hotels offer shuttle service from the airport. Please contact these hotels directly for more information.

Ocean Dunes Resort & Villas	(843) 692-5174
Ocean Forest Plaza	(843) 692-5201
Ocean Forest Villas	(843) 692-5201
Sand Dunes Resort & Spa	(843) 449-3313
Staybridge Suites	(843) 903-4000
Beach Cove Resort	(843) 915-8801

### **Limousine**

Myrtle Beach Limousine Service	(843) 449-4445
Platinum Limousine	(843) 293-7433
Airport Taxi Myrtle Beach	(843) 444-4000

## **Area Attractions & Entertainment**

### **Area Attractions**

[VisitMyrtleBeach.com](http://VisitMyrtleBeach.com)

The City of Myrtle Beach is a full-service resort at the heart of the Grand Strand, a 60-mile stretch of natural beauty on South Carolina's northeastern coast. Our 30,000 permanent residents and millions of visitors enjoy the wide beaches, the warm weather and an incredible range of entertainment, nightlife, golf, shopping, dining and live theatre. You are guaranteed to find what you're looking for.

[http://www.visitmyrtlebeach.com/?cid=g\\_brand](http://www.visitmyrtlebeach.com/?cid=g_brand)

## **Entertainment**

Myrtle Beach is excited to host the 2011 USATF National Junior Olympic Cross Country Championships. The area offers a wide variety of local restaurants, shops, family-fun entertainment, and much more! The following companies are offering special discounts to USATF athletes, parents and spectators.

### **Legends In Concert**

Legends In Concert will be providing special "pre-show" entertainment for the Opening Ceremonies. During your stay in Myrtle Beach, USATF families can enjoy one of the best celebrity tribute concerts in the world. Use the link below and the special discount codes to purchase your tickets today.



Adults: \$20 code "TRA"

Children (3-16): \$14 code "TRK"

<http://www.legendsinconcert.com>

### **Medieval Times**

50% off general admission. Must present valid photo ID and competition bib number upon arrival to receive discount (valid for up to 6 people per group). Mention code **50PSBS** when making reservation. Cannot be combined with any other offer, discount, gift certificate or special promotion. Reservations are required over the phone or at the box office only. Offer expires 12/30/2011.



[www.medievaltimes.com](http://www.medievaltimes.com) or 866-543-9637

### **Alabama Theatre**

The Alabama Theatre welcomes USATF National Junior Olympic Cross Country participants to Myrtle Beach. Athletes (3-18) receive free admission. (Limit two athletes per paid adult). Call 800-342-2262 or 843-272-1111 and mention promo code **150USA**.



<http://www.alabama-theatre.com/USATF.html>

## ***Useful addresses for online mapping***

### Sheraton Myrtle Beach Convention Center Hotel

2101 North Oak Street  
Myrtle Beach, SC 29577

### Whispering Pines Golf Course

2112 South Kings Highway  
Myrtle Beach, South Carolina 29577

### Myrtle Beach International Airport

1100 Jetport Road  
Myrtle Beach, South Carolina 29577

## ***Driving Directions***

### **From MYR International Airport to Sheraton Myrtle Beach Convention Center**

- Exit airport onto Harrelson Boulevard westbound
- Proceed to Grissom Parkway
- Right onto Grissom Parkway; proceed to 21<sup>st</sup> Avenue North
- Right onto 21<sup>st</sup> Avenue North; proceed to Oak Street
- Sheraton / Convention Center is located at corner of 21<sup>st</sup> Avenue North and Oak Street

### **From Sheraton Myrtle Beach Convention Center to Whispering Pines Golf Course**

- From 21<sup>st</sup> Avenue North & Oak Street proceed Eastbound (towards Ocean) one block to Kings Highway (17 Business)
- Right onto Kings Highway; proceed to 22<sup>nd</sup> Avenue South
- Right onto 22<sup>nd</sup> Avenue South (New Harrelson Boulevard); follow event staff direction to best available parking

## **MARK YOUR CALENDARS**

**2012**



<b>USA Youth TF Champs</b>	June 26 –July 1	Arlington, TX
<b>Junior Olympic TF Champs</b>	July 23 – 29	Baltimore, MD
<b>Junior Olympic XC Champs</b>	December 8	Albuquerque, NM

# Venue Map



## Course Maps





## **STARTING BOX ASSIGNMENTS**

Reference the chart below to determine which starting box is assigned to runners from each region.

		Region Numbers															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Sub Bantam Girls	10	4	6	3	13	16	9	1	14	11	7	15	8	2	5	12	
Sub Bantam Boys	2	15	8	1	3	9	11	7	16	5	4	10	13	6	12	14	
Bantam Girls	13	6	4	16	9	11	15	5	7	1	2	3	12	10	8	14	
Bantam Boys	12	5	11	8	15	7	14	16	2	9	3	13	6	1	4	10	
Midget Girls	3	14	9	10	8	5	4	11	6	2	12	1	15	13	16	7	
Midget Boys	14	10	13	11	6	1	9	3	12	16	15	5	7	4	2	8	
Youth Girls	15	1	5	9	11	4	6	12	3	2	10	7	14	8	13	16	
Youth Boys	11	13	10	2	12	14	8	15	4	6	1	3	16	9	7	5	
Intermediate Girls	7	8	12	4	1	6	13	16	15	11	5	14	9	3	10	2	
Intermediate Boys	1	2	15	13	7	16	10	8	5	3	14	6	4	12	11	9	
Young Women	6	10	7	5	14	12	3	8	15	4	9	1	2	16	13	11	
Young Men	8	16	3	4	15	5	2	9	14	11	12	13	10	7	1	6	