




**Southern California Municipal
Athletic Federation**



Youth Cross Country Championships

Sunday, December 6th, 2009
Wilson Park
City of Torrance

Youth – Ages 5 - 14

All age groups will run various distances, based on age.

Cost: \$8.00 per runner. All runners must complete SCMAF waiver and have proof of age on file to run race.

1st Race Starts at 10:30 AM

For forms & information, contact Dave Dill at (310) 618-2838 or ddill@TorranceCA.gov or visit www.SCMAF.org



Southern California Municipal Athletic Federation 2009 Youth Cross Country Championships

Eligibility

In order to compete in the SCMAF Championships, the following eligibility criteria must be met:

1. Participants must compete in their age division
2. All participants must have a Birth verification and SCMAF Minor Release form on file with the meet director.
3. Participants must be qualified through their respective agency, SCMAF member organization or youth sports organization.
4. The SCMAF Cross Country Championships will be viewed as an 'all comers' meet. 'Day Of' Registration will be available.

Uniforms and Equipment

1. Participants must wear some type of gym clothing. Shoes and shorts are required.
2. Tennis shoes and/or cross country shoes must be worn.
3. Spiked track and turf shoes are not permitted. Track shoes designed for spikes are not allowed, even if spikes are removed.
4. Participants may wear watches or other timing devices during competition. No other jewelry will be permitted on the course.

Awards

Medals will be awarded to the first eight (8) places in each individual event. Ribbons will be awarded to ninth (9th) through fifteenth (15th) place finishers in each individual event.

Fees

Entry Fees for each participant shall be \$8.00. All checks must be made out to 'SCMAF'. Associations will be billed for the number of entries, not actual participation. Arrangements can be made for athletes of a team may check in together with a single check or cash payment.

General Rules and Modifications

The official SCMAF Youth Sports rules shall govern all SCMAF Cross Country competitions. SCMAF has created these rules based upon National Federation of State High School Associations (NFSHA) and the California Interscholastic Federation (CIF). NFSHA or CIF rules shall be employed except when they are in conflict with SCMAF Youth Sports rules. In such cases, the official SCMAF rules shall apply.

1. Runners committing two (2) false starts shall be disqualified.
2. A runner shall be liable for disqualification if he/she interferes, obstructs, or gains an advantage over other runners.
3. No pacing shall be allowed.

Competition Divisions

1. Age Division – The year born shall be the sole criteria for determining the competition division. Participants must provide written verification of date of birth. All participants are encouraged to bring a picture ID with them to the championship.
2. Age Groups – The following age groups shall be used for the SCMAF Championships:
Year Born
1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003
3. Gender Divisions – boys and girls will compete in separate Boys and Girls Divisions.
4. Meet Director may choose to combine divisions and gender based on number of participants.
5. Finishing order shall be based solely on year born and gender.

Order of Events

<u>Time</u>	<u>Event</u>
9:00 a.m.	Check-in begins – Pick up race tags
10:00 a.m.	Optional course walk through for Div. 2001- 2003 (1K course)
10:10 a.m.	Optional course walk through for Div 1998- 2000 (2K course)
10:15 a.m.	Optional course walk through for Div 1995 -1997 (3K course)
10:30 a.m.	First Race

**Participants must check in no later than 30 minutes prior to scheduled start time.
Events will not start before scheduled time.**

10:30	Div 03 Girls	10:45	Div 03 Boys	1 Kilometer
11:00	Div 02 Girls	11:15	Div 02 Boys	1Kilometer
11:30	Div 01 Girls	11:45	Div 01 Boys	1 Kilometer
12:00	Div 00 Girls	12:15	Div 00 Boys	2 Kilometers
1:00	Div 99 Girls	1:15	Div 99 Boys	2 Kilometers
1:30	Div 98 Girls	1:45	Div 98 Boys	2 Kilometers
2:00	Div 97 Girls	2:15	Div 97 Boys	3 Kilometers
2:30	Div 96 Girls	2:30	Div 96 Boys	3 Kilometers
2:45	Div 95 Girls	2:45	Div 95 Boys	3 Kilometers