



2009 Minnesota Association Junior Olympic Cross Country Championship Meet

Valleywood Golf Course
4851 125th St. W., Apple Valley, MN 55124-8704
Saturday, November 14, 2009

Meet Schedule: First Junior Olympic race is at 11:00 a.m. with boys and girls in each age group running together. Races are run under all types of weather conditions. The schedule provided is approximate and may be adjusted if necessary as determined by the meet director.

Schedule:

| | |
|------------|---|
| 11:00 a.m. | Bantam Boys and Girls (3,000 meters) (born 1999 or later) |
| 11:30 a.m. | Midget Boys and Girls (3,000 meters) (born 1997-98) |
| 12:00 p.m. | Youth Boys and Girls (4,000 meters) (born 1995-96) |
| 12:30 p.m. | Intermediate Boys and Girls (5,000 meters) (born 1993-94) |
| 1:00 p.m. | Young Men and Women (5,000 meters) (born 1991-92) |

Note: The Minnesota Open and Masters Races are scheduled at 9:00 and 10:00 a.m. before the Junior Olympic races

Preregistration: Send the entry form and payment (checks made to USATF Minnesota) to Chris Dallager, 990 Ticonderoga Trail, Eagan, MN 55123.

Day of the Meet Registration and Check-In: Registration and check-in (bib pick-up) takes place in the golf course club house. Runners must be registered at least 30 minutes prior to the scheduled race time and runners are advised.

Entry fee: \$6.00 if received by Nov. 13; \$10.00 on Nov. 14. Checks payable to **USATF Minnesota**.

USA Track & Field Membership: All participants must be members of USATF. If not a member, you may join at the meet. Cost of membership is \$20.00. Please bring proof of age (birth certificate/drivers license) with you when you apply for membership.

Awards: Medals to top ten (10) individuals in each race.

National Qualification: The top ten (10) individuals and the top team from each division qualify for the National Junior Olympic Championships in Reno, Nevada, on December 12th. You **must** register for the national meet at the Association championships Nov. 14 at Valleywood Golf Course. Teams must be current USATF clubs – contact the meet director Chris Dallager (651-341-6553 or chrisdallager@comcast.net) if you need information on how to form a club for this event.

Course: The course is entirely within Valleywood Golf Course. Track spikes are permitted. There are some steep hills on the course.

Results: Posted at www.usatfmn.org and www.wayzataresults.com

Directions to Valleywood Golf Course: Valleywood Golf Course is near Pilot Knob Rd. (also Co Rd. 31) to the west and McAndrews Rd. (also 125th St or Co Rd 38) to the South. The entrance is from McAndrews (125th St/Co Rd 38). Use the address listed for the golf course at the top of this meet information as your destination and enter your beginning address at <http://maps.google.com/> for specific directions.

From Minneapolis and northwest: from I-35W south from Minneapolis, take exit 11B on the left onto 62 E, exit onto MN-77 S, go about 9.5 miles and exit onto County Rd. 38 E. toward the MN Zoo, merge onto Co. Rd. 38 and travel about 3 miles and Valleywood will be on the left.

From St. Paul and northeast: I-35E S about 10 miles to exit 97A for Co Rd 31/Pilot Knob Rd., turn right onto Pilot Knob Rd and travel about 4.5 miles to 125th St./Co Rd 38/McAndrews Rd. and turn left. Valleywood is 0.2 mile on the left side.

From Rochester: Take US 52 N about 58 miles, turn left at Brandel Dr./Co Rd. 46 and follow Co Rd. 46, continue onto 160th St. E., turn right at MN-3 N/Robert Trail, turn left at 125th St. W./Co.Rd. 38/McAndrews Rd. and travel 2 miles, Valleywood will be on the right.

From Fairbault: Take I-35 N about 32 miles, slight right at I-35E (towards St. Paul), exit 92 onto Cedar Ave./MN-77, take Co Rd 38 E exit toward MN Zoo, merge onto Co. Rd 38 and golf course will be about 3 miles on left.

Questions?: Contact the meet director, Chris Dallager at 651-341-6553 or chrisdallager@comcast.net