



GO BANANAS RUNNING CLUB  
http://gobananasrun.weebly.com

## USATF Southern California Association Junior Olympics Qualifying

Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
E-mail/Phone \_\_\_\_\_  
USATF # \_\_\_\_\_

Please note, you must run in your age division and to enter it will cost \$8 for the Association Meet, \$15 for the Regional Meet and \$20 for the National Junior Olympic Championships. Athletes are not required to advance to the next round if they qualify.

You must also register as a member of the USATF by going to www.scausatf.org. If you already have a valid membership, please write your number next to your name above. Membership fees are required!

A \$50 team jersey fee is required in cash, cashiers' check or money order. Athletes may also choose to run in the Go Bananas t-shirt (\$10) or provide their own unmarked uniform.

### USATF Southern California Association Junior Olympics Qualifying

**USATF Southern California Association Championships**  
Association #33 - November 14, 2010 - Site: Mt. SAC College

**USATF Southern California Regional Championships**  
Region #15 - November 21, 2010 - Site: (~~Las Vegas, NV~~ Tentative) Mt. SAC College

**USATF National Junior Olympic Championships**  
December 11, 2010 - Site: Veteran's Park, Hoover, Alabama

#### **Jersey/Association**

Athletes competing for the Go Bananas team should wear a Go Bananas jersey and/or shirt and must act in accordance with all the rules and regulations of the USATF meet. Athletes running for the Go Bananas club are not associated in any way with any school, district or league. The coaches present at the race are all volunteers and are present for support and assistance, however, are not responsible for the supervision of any athlete. Athletes will run and participate at their own risk and by participating acknowledge that they are in good health and carry their own medical insurance. Each individual athlete and their guardians are responsible for their well being before, after and during the race and should ensure their safety while competing in these championships.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent Signature \_\_\_\_\_ Date \_\_\_\_\_  
Health Insurance Carrier \_\_\_\_\_ Policy # \_\_\_\_\_



Sunday, November 14, 2010  
Mt. San Antonio College  
Walnut, CA

**What to Bring:** Athletes should have a pink “Go Bananas” jersey or t-shirt for the race. Athletes should bring scissors if they plan on making alterations to their t-shirt (sleeveless). Also athletes should bring eight dollars cash (exact change) with them in addition to proof of age verification (copy of birth certificate, driver’s license, passport) which should also be turned in to the SCAUSATF office or to Coach Watanabe. Athletes will either purchase a jersey (\$50) or a t-shirt (\$10).

**Departure:** Athletes are responsible for their own transportation to and from the meet. Since the meet is not school sponsored, athletes are responsible for their own well being during the race and should have a parent, guardian or adult in attendance in case of any problems. Athletes in the youth and above levels should plan on leaving at least two hours before their race on Sunday

**Race Times:** Although a definite race schedule has not been announced, athletes should plan on the following schedule bearing in mind that the race schedule could change. Qualifying times (PRs) to join the team are posted next to each division. Athletes with times near the qualifying times who wish to run should talk to Coach Watanabe. Schedule subject to change.

9:30	Bantam Girls/Boys (2000&Later) Midget Girls/Boys (1998-1999) Youth Girls (24:00)/ Boys (20:00) (1996-1997)
11:30	Intermediate Girls (24:00) /Boys (19:45) (1994-1995) Young Women (25:30) /Men (19:30) (1992-1993)

**Awards/Advancement:** Awards are given to the top ten (10) individuals in each race. In addition, the top twenty five (25) individuals and the top three (3) teams will advance to the Regional Finals at Mt. SAC. You must register at Mt. SAC before you leave in order to advance to the Regional final, which includes submitting your age verification sheet (coach may already have this form) in addition to paying your fifteen dollars cash at the registration table!! Athletes who qualify on a team will all submit their payment together. Athletes who are unsure if they can attend should register for the next meet. Athletes who qualify will leave for Las Vegas, Nevada the following weekend. Forms will be provided to those athletes that qualify.

**Questions:** If you have any further questions, please e-mail me at [wutanabe5@aol.com](mailto:wutanabe5@aol.com) or call me at 562-397-0867.