



USATF Junior Olympics
Regional Championships
San Diego, CA
CSU San Marcos/Orange Glen HS
June 24-26, 2011



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Friday, June 24, 2011

12:00pm Depart for San Diego
2:30pm Arrive at CSU San Marcos
4:15pm Steeplechase
6:30pm Check-in Hotel
8:00pm Dinner & Activity

Saturday, June 25, 2011

8:00am Breakfast
9:00pm Activity
1:30pm Arrive at Orange Glen HS
TBA 4:8800m
7:00pm Dinner & Activity

Sunday, June 26, 2011

6:30am Breakfast
7:45am Arrive at Orange Glen
8:45am 3000m
12:30pm 800m
2:00pm Coaches' Relay
5:00pm Depart for Cerritos
7:30pm Dinner at Cerritos*

Schedule Subject to Change

*Optional

** All Race Times Approximates

Accommodations

Holiday Inn
San Diego – Rancho Bernardo
17065 West Bernardo Drive
San Diego, CA 92127
(858) 485-6530

Emergency Number

(562) 397-0867
CSU San Marcos
333 South Twin Oaks Valley Road
San Marcos, CA 92096

Marcos Orange Glenn High School
2200 Glen Ridge Road
Escondido, CA 92027

USATF Junior Olympics

Athletes will compete in various levels in order to try and qualify for the National Junior Olympics in Wichita State University in Wichita, Kansas. All athletes finishing in the top five (5) individuals or relay teams will advance to the National Junior Olympics from the Regional Finals in San Diego, CA. Athletes should register and pay the eight (8) dollar Junior Olympic fee prior to departing from the meet. Athletes will be responsible for their entire fees. In addition, athletes will review the final advancement sheets to determine if they will ultimately attend the meet or not.

Departure/Arrival Information

Athletes will meet in the 183rd parking lot at 12:00pm. Athletes will only need their jersey, shirt and a change of clothes for normal outings. Athletes should also have their track spikes or running shoes.

Costs

Athletes who will be attending will incur a one hundred (100) dollar charge for the hotel/transportation, entry fees, and one dinner and should be able to cover at least one of their activity expenses. Athletes will be responsible for all other food and entertainment expenses. The hotel should provide a continental breakfast.

Luggage

Athletes must pack your team shorts in addition to your pink t-shirt/jersey in your luggage. In addition, athletes will be limited to one bag and one carry on in order to maintain space within each vehicle.

Paperwork

Although this trip is not school sponsored, athletes still must complete the following paperwork for emergency purposes.

Special Notation

The USATF Junior Olympics is a competition separate from high school competition and is not affiliated in any way with the CIF Southern Section competition. Competition in the USATF Junior Olympics is not sponsored by Cerritos High School and the ABC Unified School District. Any athlete who wishes to advanced beyond the regional competition must make arrangements in order to attend the meet.

Additional questions should be forwarded to wutana5@aol.com prior to the trip or to the cell phone number during the trip.



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RULES AND REGULATIONS

The breaking of these rules could result in the student(s) being sent home at the parents' expense. There will be a zero tolerance attitude taken towards these rules in order to insure a safe and fun weekend for everyone. Follow these guidelines and you will be fine.

ABSOLUTELY no drugs, alcohol, smoking, or weapons of any kind.

No running and screaming through the hotel.

No leaving the hotel property or event location without informing a coach or chaperone. Always stay in groups; no wandering away alone.

- No altering the transport vehicles.
- Follow all posted signs in all areas.
- Any injury or sickness should be reported to the coach immediately. If there is a problem, let the coach know and he will take care of it.
- Keep the noise in the hotels to a minimum.
- Athletes are responsible for any damages, messes or problems that have come as a direct result of their actions.

If the above rules are followed, athletes will have no problems.

I have read all of the rules and regulations listed above and agree to all of them. In any violation of these rules and regulations,
I am aware that will be some sort of consequence.

Parent's Signature _____ Date _____

Student's Signature _____ Date _____



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Student's Name _____ Date of Birth ____/____/____

Parent's Name _____
 Mother _____
 Father _____

Address _____
 City, State, Zip Code _____
 Phone Number _____

E-mail (if any) _____

Emergency Contact Name _____
 Emergency Contact Phone Number _____

Insurance Carrier _____
 Insurance Number _____

Allergies _____

Any Medications Required _____

Special Dietary Needs _____

Recent Illnesses _____

Recent Injuries _____

Any Other Pertinent Information _____

Doctor's Name _____
 Doctor's Phone Number _____



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I _____ give my permission for _____
 Parent's Name _____ Student's Name _____
 to attend the USATF Junior Olympics Regional Championships on the dates of June 24-26, 2011. I agree not to take legal action in the event of reasonable and unforeseen accidents occurring, against any individual involved in assisting in this event, including coaches and chaperons, in addition to any organizations which they represent including centers of employment, Go Bananas, or the USATF. I understand that every precaution will be made in order to insure the safety of my child. In the event of accident or illness, I understand that every thing that can be done will be done to ensure the best outcome possible. I have been informed of all the activities and am comfortable with the goings on in addition to the coaches and chaperones. I therefore release my child to attend the USATF Junior Olympics Regional Championships on June 24-26, 2011.

I also give permission for my son/daughter to be transported from Cerritos, CA to San Diego, CA (and surrounding areas) and to be transported during the trip as necessary for workouts, activities, competitions, etc. and to be transported from to San Diego, CA (and surrounding areas), CA to Cerritos, CA on the dates of June 24-26, 2011. I understand that any unforeseen accidents are not the responsibility of the coaches and chaperones, in addition to any organizations which they represent including centers of employment, including Go Bananas and the USATF, unless clear negligent behavior has been shown by such an individual. In addition, any athletes who arrange their own transportation to or from Cerritos, CA to San Diego, CA (and surrounding areas) are not the responsibility of the coaches, chaperones, any other organizations they represent, centers of employment, Go Bananas, or the USATF.

I also give my permission for my son/daughter to be treated at a hospital in the event of accident or illness. I understand that every action will be taken in order to get in contact with me or the emergency contact first, therefore I give permission for hospital staff to use any means necessary to stabilize my child before I am contacted for further instructions.

I also understand that while Go Bananas is an official registered team of the USATF, the purpose of the Go Bananas team is to provide an opportunity for athletes to compete in competitions beyond their normal high school level races. I understand that Go Bananas is not a full-functioning club team and does not collect member dues and does not profit for any athlete on the team, nor is any volunteer, coach or chaperone paid for their time and services for working with athletes who associated themselves with the Go Bananas team.

I also understand that I have the option to disallow my child from participating in any activity that I am not comfortable with. Below is a list of activities that my child will be participating in. By circling any of the below activities I indicate that I **DO NOT** wish my child to participate in that activity. By not circling, I am therefore aware of my child's activity and give my permission for him/her to participate. All activities may not take place, however various possible activities have been listed below.

Shopping _____ Swimming/Water Sports _____ OTHER (Please List) _____

Parent's Signature _____ Date _____

Student's Signature _____ Date _____