



**December 14, 2019**  
**Madison, Wisconsin**  
**Yahara Hills Golf Course**

# See you in Madison!

We are so excited to have you visit Madison and hope the memories you make throughout the competition weekend will last a lifetime. Enjoy your stay and best wishes at the event!

## Local Organizing Committee Contacts

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For general inquiries, email: [madisonjoxc@gmail.com](mailto:madisonjoxc@gmail.com)

## Event Links



USATF event page: <https://bit.ly/2mfE7SI>



Madison Area Sports Commission event resources: [madisonsports.org/usatfxc](https://madisonsports.org/usatfxc)



Destination Madison visitor information: [visitmadison.com](https://visitmadison.com)



Facebook page: <https://bit.ly/2nnWbKf>

## Event Schedule

### Thursday, December 12

Packet Pickup	Sheraton Madison	12:00 PM to 8:00 PM
Merchandise Sales	Sheraton Madison	12:00 PM to 8:00 PM

### Friday, December 13

Packet Pick Up	Sheraton Madison	8:00 AM to 7:00 PM
Merchandise Sales	Sheraton Madison	8:00 AM to 7:00 PM
Merchandise Sales	Yahara Hills Golf Course	10:00 AM to 4:00 PM
Course Open	Yahara Hills Golf Course	10:00 AM to 4:00 PM
Course Walk **	Yahara Hills Golf Course	12:00 PM
Course Walk **	Yahara Hills Golf Course	2:00 PM
Opening Ceremonies	Alliant Energy Center	4:30 PM to 6:15 PM
Spaghetti Dinner	Alliant Energy Center	6:15 PM to 8 PM

### Saturday, December 14

Packet Pick Up	Yahara Hills Golf Course	7:00 AM to 1:00 PM
Merchandise Sales	Yahara Hills Golf Course	7:00 AM to 4:00 PM
Course Preview	Yahara Hills Golf Course	7:00 AM
Start of First Race	Yahara Hills Golf Course	9:00 AM
8-Under Girls 2k	Yahara Hills Golf Course	9:00 AM
8-Under Boys 2k	Yahara Hills Golf Course	9:40 AM
9-10 Girls 3k	Yahara Hills Golf Course	10:20 AM
9-10 Boys 3k	Yahara Hills Golf Course	11:00 AM
11-12 Girls 3k	Yahara Hills Golf Course	11:40 AM
11-12 Boys 3k	Yahara Hills Golf Course	12:20 PM
13-14 Girls 3k	Yahara Hills Golf Course	1:00 PM
13-14 Boys 3k	Yahara Hills Golf Course	1:40 PM
15-16 & 17-18 Girls 5k	Yahara Hills Golf Course	2:20 PM
15-16 & 17-18 Boys 5k	Yahara Hills Golf Course	3:00 PM
Awards Ceremony	Yahara Hills Golf Course	30 mins after each race, pending protests

# Competition Information and Schedule

## Online entry forms and fees for the national championships.

Qualified athletes can register on athletic.net after qualifying meets in early November.

For more information on registration, please visit:

<https://www.athletic.net/CrossCountry/meet/167306/results>

Registration opens on November 10, 2019.

## Divisions

There are 6 male and 6 female divisions. Each athlete must participate in his/her own division in the meet. The year of birth will determine the age division in which the athlete will compete. Award ceremonies will take place approx. 30 minutes after determination of final race results, pending protests.

<b>Division</b>	<b>Gender</b>	<b>Distance</b>	<b>Check-in</b>	<b>Race Start</b>
7-8 years / 2011-	Girls	2K (1.24 miles)	8:20AM	9:00AM
7-8 years / 2011-	Boys	2K (1.24 miles)	9:00AM	9:40AM
9-10 years / 2010-09	Girls	3K (1.86 miles)	9:40AM	10:20AM
9-10 years / 2010-09	Boys	3K (1.86 miles)	10:20AM	11:00AM
11-12 years / 2008-07	Girls	3K (1.86 miles)	11:00AM	11:40AM
11-12 years / 2008-07	Boys	3K (1.86 miles)	11:40AM	12:20PM
13-14 years / 2006-05	Girls	4K (2.48 miles)	12:20PM	1:00PM
13-14 years / 2006-05	Boys	4K (2.48 miles)	1:00PM	1:40PM
15-18 years / 2004-2001	Girls/Women	5K (3.1 miles)	1:40PM	2:20PM
15-18 years / 2004-2001	Boys/Men	5K (3.1 miles)	2:20PM	3:00PM

\* Per Rule 300.1 (c) Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships

\*\*The 15-16, 17-18 individual age divisions race times are combined for team scoring purposes per rule 304.5. Individual place medals will still be awarded in these age divisions.

## Starting Boxes

2019 JO Cross Country Starting Box Grid*																
Start Box Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
8 & U Girls	5	7	15	6	10	14	8	9	3	12	2	1	16	13	11	4
8 & U Boys	12	1	7	5	9	8	13	14	15	11	3	4	16	10	2	6
9-10 Girls	8	13	1	6	16	2	10	11	12	15	4	3	5	14	7	9
9-10 Boys	4	8	9	11	15	1	6	3	14	10	2	13	16	5	7	12
11-12 Girls	3	16	12	11	9	15	7	8	14	13	5	6	4	1	10	2
11-12 Boys	15	10	2	1	13	3	8	16	6	5	11	14	12	9	4	7
13-14 Girls	2	10	7	1	6	4	16	12	5	11	9	3	8	14	13	15
13-14 Boys	6	13	1	5	16	2	10	4	9	8	15	14	3	7	12	11
15-16G, 17-18W	1	2	8	3	7	10	5	13	12	11	4	14	15	9	6	16
15-16B, 17-18M	5	6	7	2	16	11	15	4	14	9	3	10	12	13	1	8

\* Numbers above represent the starting box number assigned to athletes by region. Meet management will make efforts to divide athletes evenly across the start line.

Boxes will be assigned randomly and will vary in each race. Clerks will be assigned to boxes at the line. In the event of any changes, teams and individuals are expected to follow any directions given by the clerks or other USATF personnel.

### Athlete Check-In

All athletes must report to the staging area at least 40 minutes prior to the start of their respective races and only competing athletes will be allowed in the check-in area. Please do not enter any areas that are roped off and obey all course monitors and their direction. Individuals and teams will have designated starting boxes.

## Bib Numbers and Chip Timers

Each athlete will be assigned a bib number and 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 races are properly scored. Athletes must wear the bib numbers and data tags assigned to them as listed on the information sheet in their packet. If any of these are lost or forgotten, replacements can be obtained at packet pick up on the day of the race for a fee. Bib number replacement fee is \$5.00 and chip replacements are \$10.00. 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. One data tag must be worn on each of the athlete's shoes



### Attaching your IPICO Sports Tag to your shoe.

*You must wear the IPICO Sports Tag to get an official finishing time. If you do not wear your IPICO Sports Tag then the system will not record you finishing and therefore we will be unable to provide you with a finishing time. NO TAG NO TIME!*



*When you cross the Finish line, we have teams of specially equipped helpers to remove the IPICO Sports Tag from your shoe – you do not need to do anything apart from following the volunteers instructions.*

#### STEP 1

Loosen the laces of your running shoe.

#### STEP 2

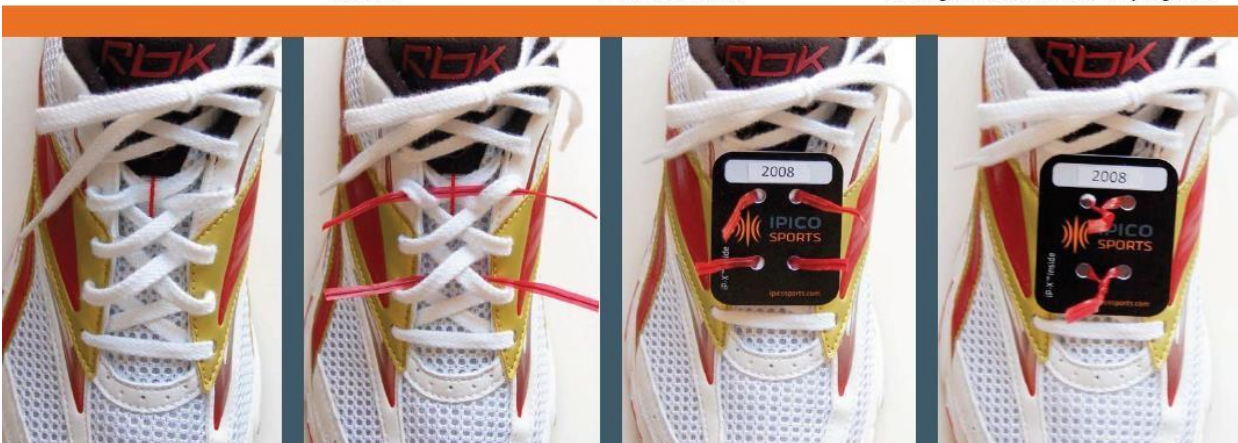
Thread the wire twist ties under the laces.

#### STEP 3

Thread the IPICO Sports Tag onto the wire twist ties.

#### STEP 4

Secure the IPICO Sports Tag by twisting the wire twist ties firmly together.



## **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 entire race. This means the team jersey should be worn as the outside layer of the clothing if other garments are worn during the race. Athletes who are unattached or who compete for a team not in the 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**

A protest site will be set up at the meet venue. Protests relating to matters which develop during the conduct of the competition must be made to the meet referee at once and not later than 30 minutes after a result has been announced or posted. The fee to file a protest is \$100. The fee will be returned if the protest is upheld.

## **Team Scoring**

Team scoring is divided into five divisions for boys and five divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete.

## **Team Divisions**

8 and Under 2011 +

9-10 Yrs Old 2009-2010

11-12 Yrs Old 2007-2008

13-14 Yrs Old 2005-2006

15-18 Yrs Old 2010-2004



# General Information

## Location

All races will take place at the Yahara Hills Golf Course, located at 6701 US Highway 12, Madison, WI 53718.

## Opening Ceremonies

The opening ceremonies will take place on Friday, December 13th at Alliant Energy Center, located at 1919 Alliant Energy Center Way, Madison, WI 53713. Doors open at 4:30 PM, with giveaways and activities. The ceremony will begin at 5 PM and we ask that everyone be seated by 5 PM. Teams / regions will be guided to sit together for the ceremonies. For more information, please visit [madisonsports.org/usatfxc](http://madisonsports.org/usatfxc)

## Spaghetti Dinner

A spaghetti dinner will be served on Friday, December 13th at Alliant Energy Center, located at 1919 Alliant Energy Center Way, Madison, WI 53713 from 6:15 to 8:00pm.

Tickets are \$15 and required for the spaghetti dinner and must be [purchased online](#) in advance.

For more information, please visit [madisonsports.org/usatfxc](http://madisonsports.org/usatfxc)

## Awards Ceremonies

Individual awards will be given to the top 25 individuals in each individual event. Team awards will be given to the top three teams for boys and girls in each age division. The awards ceremony will be held at Yahara Hills Golf Course, near the race courses.

## Event Merchandise

Official Event Merchandise and USATF Official merchandise will be available at packet pick up at the Sheraton Madison Hotel as well as during the event and throughout the awards ceremonies at Yahara Hills Golf Course.

## Team Tent Areas

Teams will have the option to rent 10x10 warming tents. Tent rental will begin on Monday, November 4th. Due to the potential for inclement weather and frozen ground, teams are not allowed to bring their own tents. All tents must be rented from the vendor, Event Essentials, through the [rental form](#). Orders and full payment are due by December 2<sup>nd</sup>.

For more information, please visit [madisonsports.org/usatfxc](http://madisonsports.org/usatfxc)

## First Aid

A medical tent with appropriate personnel will be on-site near the finish line for all athletes. A tent will also be located by the parking lot any spectators that need medical assistance.

## **ADA Accommodations**

USATF has specific procedures to be followed by disabled athletes wishing to compete in competitions against able-bodied 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 accommodations request procedures sufficiently in advance to enable USATF to complete the review and decision making process prior to the relevant competition. Please visit [usatf.org/about/policies](https://usatf.org/about/policies) for more information.

## **Assistance at the course**

If you need assistance at the course, please locate a volunteer wearing a high-visibility vest or a uniformed police officer or security officer.

## **Lost Child**

If you become separated from your child and cannot locate them, alert a volunteer or on-site uniformed police officer, or report to the Yahara Hills Golf Course clubhouse for assistance. Any separated children will be escorted by a uniformed police officer to the clubhouse to be reunited with a parent, guardian, or team coach.

## **Weather Conditions**

The average high temperature in Madison, WI in December is 32° Fahrenheit, and the average low temperature overnight is 14°. Snow and inclement weather are possible. Please dress appropriately for the conditions. [Tips on dressing for the cold.](#)

## **Drone Policy**

In accordance with FAA regulation 107.39, drones may not be operated at this event. If a drone is seen in operation it will be confiscated by on-site law enforcement.

## **Medical Centers**

### **UW Health University Hospital**

600 Highland Ave, Madison, WI 53792  
(608) 263-6400

SSM Health St. Mary's Hospital  
700 S Park St, Madison, WI 53715  
(608) 251-6100

UnityPoint Health - Meriter Hospital  
202 S Park St, Madison, WI 53715  
(608) 417-6000

## **Parking**

Limited parking on Friday, December 13th and Saturday, December 14th will be available at Yahara Hills Golf Course. Overflow parking will be available within walking distance, but there will not be enough parking near the course for all attendees.

A free shuttle will be available on Saturday from the headquarters hotel, the Sheraton Madison Hotel, located at 706 John Nolen Dr, Madison, WI 53713. Shuttles will run on a loop throughout the day, with the first shuttle departing the Sheraton Madison Hotel at 7 AM and the last shuttle departing the Yahara Hills Golf Course at 5 PM.

For more information on parking and shuttles, please visit: [madisonsports.org/usatfxc](http://madisonsports.org/usatfxc)

## **Results**

Results will be posted online as available. Results will be posted near the awards area. Copies of results will not be posted

## **Hotels**

Visit [madisonsports.org/usatfxc](http://madisonsports.org/usatfxc) and click on "Hotels" to reserve discounted rates within the official hotel block. Booking within the block helps to keep our fees and registration costs as low as possible for you each year.

Sheraton Madison (706 John Nolen Dr, Madison, WI 53713) is the official headquarters hotel. Packet pickup will take place here on Thursday, December 12th and Friday, December 13th, and free shuttles will run between the Sheraton and the Yahara Hills Golf Course on Saturday, December 14th. What time is packet pickup at the hotels?

If you need to book more than 10 rooms together, please call 888-603-8747 or email [sportsinfo@nationaltravelsystems.com](mailto:sportsinfo@nationaltravelsystems.com) for assistance.

Many of the hotels in the official block offer complimentary airport shuttle service. Check the Property Amenities when booking to confirm.

## **Airport**

Dane County Regional Airport

[www.msnairport.com](http://www.msnairport.com)

4000 International Ln, Madison, WI 53704

Airport code: MSN

## Car Rentals at Dane County Regional Airport

	(608) 249-1449	(800) 462-5266	<a href="http://www.alamo.com">www.alamo.com</a>
	(608) 242-2442	(800) 831-2847	<a href="http://www.avis.com">www.avis.com</a>
	(608) 249-5544	(800) 527-0700	<a href="http://www.budget.com">www.budget.com</a>
	(608) 661-4900	(800) 325-8007	<a href="http://www.enterprise.com">www.enterprise.com</a>
	(608) 241-3803	(800) 654-3131	<a href="http://www.hertz.com">www.hertz.com</a>
	(608) 249-1614	(800) 227-7368	<a href="http://www.nationalcar.com">www.nationalcar.com</a>

## Ride Share and Taxis

### Lyft

[www.lyft.com/rider/cities/madison-wi](http://www.lyft.com/rider/cities/madison-wi)

### Uber

[www.uber.com/global/en/cities/madison](http://www.uber.com/global/en/cities/madison)

### Union Cab

[www.unioncab.com](http://www.unioncab.com)

(608) 242-2000

### Badger Cab

[www.badgercab.com](http://www.badgercab.com)

(608) 256-5566

### Green Cab

[www.greencabmadison.com](http://www.greencabmadison.com)

(608) 255-1234

# Athlete Warm-Up



## 2K Course Map



# 3K Course Map



# 4K Course Map





# 5K Course Map

