

2004 USA TRACK & FIELD NATIONAL CROSS COUNTRY CHAMPIONSHIPS



**Busse Woods Forest Preserve
District of Cook County
Schaumburg, Illinois**

Saturday, December 11, 2004
Host: USATF Illinois Association

Meet Headquarters: Marriott Hotel Schaumburg
The Meet Exposition, Packet Pickup and the All American Awards Presentation will take place at the Marriott Schaumburg

For all the latest and up-to-date
race, expo, and hotel information,
go to the event website:

www.usatfillinois.org

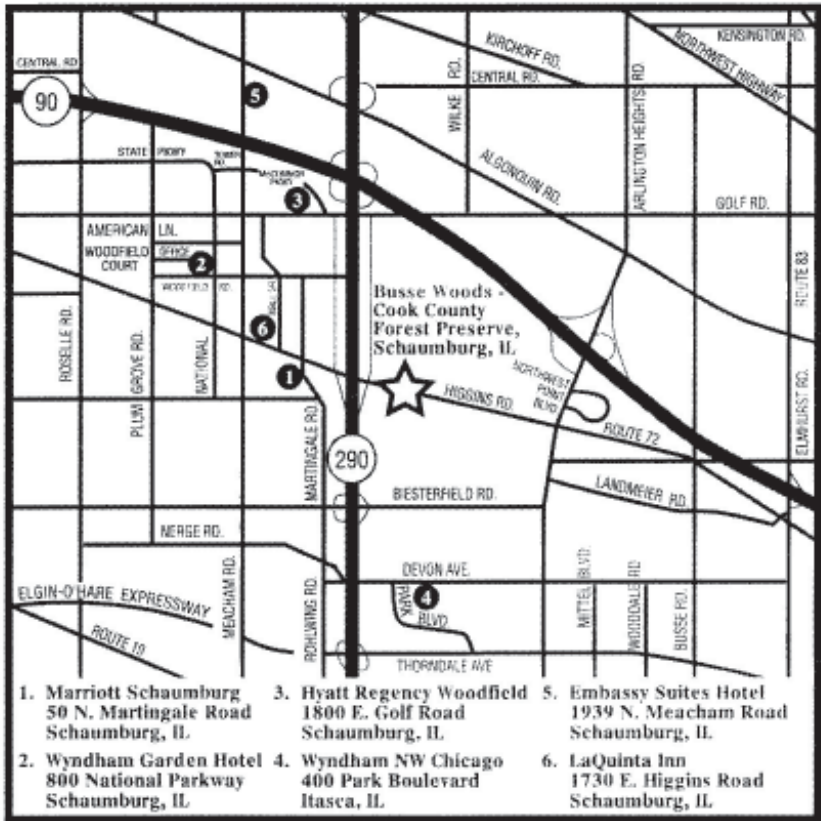
Other area information:

www.ci.schaumburg.il.us

www.chicagonorthwest.com

www.gowoodfieldmall.com

www.fpdcc.com



Jr Olympics Program

Thursday, December 9

Packet Pickup:	Schaumburg Marriott	6:00 p.m.-9:00 p.m.
T-Shirt Sales:	Schaumburg Marriott	6:00 p.m.-9:00 p.m.
Course Walk:	Busse Woods	Sunrise- Sunset

Friday, December 10

Packet Pickup:	Schaumburg Marriott	9:00 a.m.-9:00 p.m.
Course Walk:	Busse Woods	12:00 p.m.-4:00 p.m.
Guided Walks:	5K High School Team	9:00 a.m.
	3K course:	1:00 p.m. (weather permitting)
	4K course:	1:30 p.m. (weather permitting)
	5K course:	2:30 p.m. (weather permitting)
T-Shirt Sales:	Schaumburg Marriott	9:00 a.m.-9:00 p.m.

Friday RACE SCHEDULE

High School Girls Teams	5000meters	11:00 a.m.
High School Boys Teams	5000meters	11:30 a.m.

Saturday, December 11

Packet Pickup:	Marriott	8:00 a.m.-2:00 p.m.
Course Walk:	Busse Woods	8:00 a.m.-9:00 a.m. (weather permitting)
T-Shirt Sales:	Marriot/Busse Woods	8:00 a.m.-4:00 p.m.
Start of First Race:	Busse Woods	10:00 a.m.
Awards Ceremony:	Schaumburg Marriott	6:30 p.m.-8:00 p.m.
T-Shirt Sales:	Schaumburg Marriott	6:00 p.m.-9:00 p.m.
Athlete Party	Schaumburg Marriott	Following Awards Ceremony

Saturday RACE SCHEDULE

All athletes MUST REPORT to staging area 30 MINUTES before the start of their scheduled race time

Age Division	Year of Birth	Distance	Start Time
Bantam Girls	Born 1994 or after	3,000 meters	10:00 a.m.
Bantam Boys	Born 1994 or after	3,000 meters	10:30 a.m.
Midget Girls	Born 1992-93	3,000 meters	11:00 a.m.
Midget Boys	Born 1992-93	3,000 meters	11:30 a.m.
Youth Girls	Born 1990-91	4,000 meters	12:00 p.m.
Youth Boys	Born 1990-91	4,000 meters	12:30 p.m.
Int. Girls	Born 1988-89	5,000 meters	1:00 p.m.
Int. Boys	Born 1988-89	5,000 meters	1:30 p.m.
Young Women	Born 1986-87	5,000 meters	2:00 p.m.
Young Men	Born 1986-87	5,000 meters	2:30 p.m.

RULES AND GENERAL INFORMATION

Entry Forms and Fees

The entry fee is \$8 per individual, nonrefundable, and must be submitted with the entry forms, through your USATF Regional Coordinator, at your Regional Junior Olympic Championship Meet. Entries cannot be accepted by any other method. Your Regional Coordinator must verify all entry forms for completeness and accuracy. The birth date submitted must be verified and stamped as such by either the Association Chairman or the Regional Coordinator.. Entry forms not meeting all of these requirements will be deemed incomplete and will only be processed after all missing information is provided along with an additional \$10 incomplete entry fee. There are no late entries for this competition.

The first 20 individual finishers and the first three teams in each age division for Both boys and girls in the regional competitions qualify for the National Championships. These numbers are fixed and no others may advance.

Packet Pickup

Athletes will be able to pick up their competition numbers and related materials at the Schaumburg Marriott, Meet Headquarters, on Thursday Dec. 9 from 6 p.m. to 9 p.m. and Friday Dec. 10, 9 a.m. to 9 p.m., and Saturday, Dec. 11, from 8 a.m. to 2 p.m.

Check-in Times

All athletes must report to the staging area 30 minutes before the start of their scheduled race time. Each region will have a Designated Starting Box at the Starting line for each race.

The arrangements for the starting assignments will be different from age-group and race-to-race and are determined by a random drawing.

High School Races team starting positions will be by random draw.

High School Entry Forms and Fees

High School teams do not have to qualify through Association or Regional Competitions, however, high school entry forms must be submitted through the appropriate Regional Coordinator no later than that Region's competition.

Uniforms

Each competitor in the team competition must have a jersey or singlet that is basically identical in color and style for each team member and must be clearly visible throughout the race. This means that the team jersey must be worn on the outer layer if other garments are worn during the race. Athletes competing "unattached," or not in a team competition, will have the choice of any apparel item they choose, so long as the outer garment has the athlete's race bib attached to it.

Bib Numbers

Each athlete will be assigned a Bib Number and two hip numbers, which designates her/his age division. The athletes must have the bib number attached to the clothes that they will be racing in when they check in at the Staging Area. Numbers are to be worn on the front. Each bib number will have a pull tab at the bottom of the bib. Please do not remove the pull tab. Please do not attach the pull tab on the bib number to your jersey or to the outer layer of your race clothing. Two hip numbers must be worn, one on the left hip and one on the right hip. There will be a \$10.00 charge to replace lost or misplaced race bib numbers.

Protests

A protest table will be available at the race site. All protests must be made in writing within 30 minutes of the posting of the results of each race. The protest fee is \$100, which will be returned if the protest is upheld.

Busse Woods

Schaumburg, Ill. - Busse Woods is part of the 3,700 acre Ned Brown Preserve. This area is classified as a Registered National Landmark by the U.S. Department of the Interior. It is maintained by the Forest Preserve District of Cook County. The most popular use of the area is picnicking. The other popular uses are hiking, canoeing, rowboating, sailboating, and fishing. Also, there are 12 miles of paved trail that are used for running, bicycling, and roller blading.

Other cross country races this year at Busse Woods are the Mid-Suburban League Championships and the Illinois High School Association Sectional state qualifying meet (both meets hosted by Schaumburg High School.)

Other facts:

- Interstate highway system next to the course
- Busse Woods has been used for years by many of the local high schools and junior high schools for conference, invitational, and state qualifying meets
- meet here every year
- Jorge Torres, the 2002 NCAA National Cross Country Champion competed at Busse Woods

About the Schaumburg Area

- Shopping Mall Capitol of America—Race course is next to Woodfield and other malls
- Motorola's World Headquarters is located here
- Airport is 15-20 minutes away
- Several hotels are five minutes from the course
- Over 50 hotels and 10,000 rooms 15 minutes from course
- Hundreds of restaurants in every conceivable food category and price

range

- Plenty of FREE parking
- PACE Bus service
- Free shopping trolley bus service

Hotels

All of the following hotels are five minutes to the USATF Junior Olympics National Cross Country Championship race course at Busse Woods. There are three major shopping malls and dozens of restaurants in-between the hotels and the course. These hotels are offering special rates for all guests associated with the Junior Olympics National Cross Country Championships. Rates are per room (single, double) with up to four guests per room.

Schaumburg Marriott - Headquarters Hotel

Schaumburg Marriott will be the location for packet pickup, the meet expo, official meet T-shirts and the All-American Awards Ceremony. The Schaumburg Marriott overlooks the course at Busse Woods.

Marriott Schaumburg
50 North Martingale Road
Schaumburg, Ill. 60173
847-240-0100
www.marriott.com

For reservations for more than one room,

contact: Heidi Koppenhoefer
Senior Event Manager
847-240-5195 or heidi.koppenhoefer@marriott.com

Amenities: Indoor pool, restaurant, shuttle service to all the nearby shopping malls.

Room rates: \$74 per room, single, double.

Other Primary Jr Olympic Hotels with Reserved Room Blocks:

Wyndham Garden Hotel

800 National Parkway
Schaumburg, Ill. 60173
847-605-9222
www.wyndham.com

Amenities: Indoor pool, restaurant, shuttle service to shopping malls

Room rates: \$69 per room, single, double, includes breakfast

Hyatt Regency Woodfield

1800 East Golf Road
Schaumburg, Ill. 60173
847-517-6925
www.woodfield.hyatt.com

For reservations for more than one room or for clubs and groups,

contact: Shawn Carlson at 847-517-6924 or
scarlson@chirwpo.hyatt.com

Amenities: Indoor pool, restaurant, shuttle service to shopping malls

Room rates: \$79 per room, single, double

Wyndham Northwest Chicago

400 Park Boulevard
Itasca, Ill. 60143
630-773-4000 or 800-996-3426
www.wyndham.com

Amenities: Indoor pool, restaurant, shuttle service to shopping malls

Room rates: \$79 per room, single, double

Embassy Suites Hotel - Schaumburg/Woodfield

1939 N. Meacham road
Schaumburg, Ill. 60173
847-397-1313 or 1-800-EMBASSY
www.embassy-suites.com

Amenities: Indoor pool, restaurant, shuttle service to shopping malls

Room rates: \$99 per suite, includes breakfast, evening reception.

LaQuinta Inn

1730 E. Higgins Road
Schaumburg, Ill. 60173
847-517-8484 or 800-531-5900
www.laquinta.com

Amenities: Local Shuttle Available

Room rates: \$76 per room, includes complimentary continental breakfast

Airline Travel Arrangements and Discounts

The closest airport to Schaumburg is Chicago O'Hare, about 20 minutes from the course. Your flight arrangements can be handled by:

Inside Edge Travel

Phone: 773-955-0428 Fax: 773- 955-0458

E-mail: insideedge4u@ameritech.net Contact: Debra Carter
Travel December 5., 2004 - December 18, 2004

United Airlines:

Offering 5 percent on lowest fare, 10 percent on First Class, purchased 7 days in advance. Additional 5 percent discount for tickets purchased 30 days in advance. Call United Specialized Center, 1-800-521-4041, refer to meeting I.D. # 523AH. Agents are on duty seven days a week 8 a.m. to 10 p.m. EST.

Delta Airlines:

Offering 5 -10 percent discount on round trip tickets. Call or have your travel agent call Delta Meeting Network Registration at 1-800-241-6760 and refer to file # 204404A

Car Rental Arrangements and Discounts



The best way to rent your Enterprise vehicle is online at:

www.enterprise.com - Code: 15A4497 - PIN: USA

Or, the telephone number is 1-800-593-0505

Enterprise Rent-A-Car offers USATF Junior Olympic Participants the following rates available at any of 160+ Chicagoland locations:

	Daily	Weekly	Weekend
Compact	\$31.99/day	\$179.99/week	\$14.99*
Intermediate	\$33.99/day	\$189.99/week	\$19.99*
Standard	\$38.99/day	\$209.99/week	\$24.99*
Full-size	\$41.99/day	\$219.99/week	\$29.99*
Premium	\$45.99/day	\$259.99/week	\$34.99*
Utility	\$49.99/day	\$279.99/week	
Luxury/Minivan/4x4	\$65.99/day	\$369.99/week	
15 Passenger Vans	\$109.99/day	\$569.99/week	

*Weekend rentals start on Friday or Saturday and have a 3-day minimum charge. 500 free miles (additional mileage is \$.25/mile).



National Junior Olympic Cross Country Meet

December 5 - 18, 2004

Chicago, IL

Car Class	Daily	Weekly	Weekend
Economy	\$41.99	\$173.99	\$22.99
Compact	\$42.99	\$183.99	\$23.99
Intermediate	\$44.99	\$194.99	\$25.99
2 Door Full Size	\$46.99	\$204.99	\$28.99
4 Door Full Size	\$48.99	\$214.99	\$30.99
Premium	\$51.99	\$224.99	\$33.99
Luxury	\$65.99	\$282.99	\$66.99
Mini-Van	\$65.99	\$282.99	\$66.99
SUV - Std.	\$65.99	\$282.99	\$66.99
12 Pass Van	\$109.99	\$549.99	\$109.99

All mileage is unlimited unless denoted by an asterisk (*). If denoted, free mileage is limited. Additional miles are extra and rates will be quoted at time of reservation.

For reservations, contact your travel agent or Budget at 800.772.3773 or reserve online at www.budget.com.

**Ask for discount
U061934**

Medical

Medical facilities will be available at Busse Woods and will be provided by Alexian Brothers Health System and the Center for Orthopedic Excellence. www.alexian-orthopedics.org

Food and Beverages

Hot food and beverages will be sold at the course.

Weather

While early December in the Chicago area can offer a wide-range of weather conditions, athletes and spectators should be prepared for cold temperatures that could be in the teens and 20s in the early morning and the 20s to 40s by afternoon. Yes, there could be snow. Traditionally, we do NOT have snow on the ground Dec. 11.

Shuttle Service to the course

Parking and access to the site will be controlled. We encourage spectators and competitors to utilize the van and bus shuttles to and from the Marriott Hotel, the meet headquarters. Parking will be available by the Marriott where the vans and buses will make the short 1/2 mile shuttle trip.

The Course at Busse Woods

Forest Preserve District of Cook County All races use the same start and finish lines. All races run the same first 500 meters and all races run the same last 2500 meters. The start and finish areas are less than 300 meters apart. For the 4000 and 5000 meter races, there is an added 2000 meter loop. Athletes running the 5000 will run this entire 2000-meter loop while the athletes in the 4000 will obviously have an earlier turn and only run 1000 meters of this added loop.

While Busse Woods is a forest preserve, the runners will never be on secluded tree-lined trails in the forest. All the courses are run in open areas and only run next to forest areas at a couple points along the course. For the spectators and coaches who like to run around the course, the course is designed to be able to see the competitors at one point and then be able to see them on a return route. We believe the course is very spectator friendly with all the loops passing near the other loops, particularly the last 2500 meters that all athletes will run.

Results

Available for sale at the Marriott Hotel or may be viewed at www.kompusport.com on the day after the meet.

Awards Ceremony and Athlete Party

The All-American awards presentation for the top 25 finishers in each race will take place at the Marriott Hotel beginning at 6:30 p.m. All competitors are invited to attend and watch.

An athlete party will immediately follow the Awards Ceremony. All competitors are invited to attend.

Race Photographer

A professional photography company will be taking race photos at several places on the course. They will also be taking photos at the awards ceremony.



**XC 2004
USA Track & Field
1 RCA Dome, Suite 140
Indianapolis, IN 46225**