



**CROSS COUNTRY COACHES NATIONAL YOUTH CHAMPIONSHIPS
PERCY WARNER PARK, NASHVILLE, TENNESSEE
DECEMBER 5, 2009**

You are invited to participate in the Cross Country Coaches National Youth Championships Saturday, December 5, 2009 at Percy Warner Park in Nashville, Tennessee.

Entry fees: \$20 per athlete. All entries must be done online. **Entry Deadline:** Tuesday, December 1.
\$20 late fee per entry starting Wednesday, December 2

Awards: Individual medals will be awarded to each of the top 25 finishers in the Intermediate and Young Men's & Women's races. Individual awards will be given to the top 25 by age in the Primary, Bantam, Midget and Youth divisions. That is the top 25 individuals of each age based on their year of birth; 6, 7, 8, 9, 10, 11, 12, 13 & 14. This means that in the Bantam girl's race there will be individual awards given to the top 25 finishers that were born in 2000 as well as the top 25 finishers that were born in 1999. This also means that there will be three sets of individual medals awarded in both Primary age group races. Team trophies and medals will be awarded to the top three teams in each race.

Schedule of Events

8:45 AM National Anthem	
9:00 AM Intermediate Girls	5000 Meters
9:30 AM Intermediate Boys	5000 Meters
10:00 AM Young Women	5000 Meters
10:30 AM Young Men	5000 Meters
11:00 AM Primary (6 - 8) Girls	2000 Meters
11:25 AM Primary (6 - 8) Boys	2000 Meters
11:50 PM Bantam Girls	3000 Meters
12:20 PM Bantam Boys	3000 Meters
12:50 PM Midget Girls	3000 Meters
1:20 PM Midget Boys	3000 Meters
1:50 PM Youth Girls	4000 Meters
2:20 PM Youth Boys	4000 Meters
2:50 PM Race of the Americas (8 & Under)	800 Meters
3:15 PM Awards	

Meet Website: www.youthcrosscountry.org **Email questions to:** fmiklavcic@aol.com

Meet Director: Frank Miklavcic 502-875-2904 home 502-320-2264 cell

Directions to Percy Warner Park Cross Country Course

Mapquest location 2500 Old Hickory Blvd Nashville, Tennessee

From the south (Birmingham). Take I-65 North to Exit 74B (Old Hickory Blvd/TN-254) toward Brentwood (west). Go 6.8 miles. Turn right in to the parking area which will be just past the main entrance to the park.

From north (Louisville). Take I-65 South to Exit 84B on to I-40W toward Memphis. Go 8.5 miles Take TN-51/Old Hickory Blvd Exit 199. Turn left on to Old Hickory Blvd/TN 251. Go 3.8 miles. Turn Left onto TN-100 Go .7 miles. Turn Right onto Old Hickory Blvd/TN-254. Go 1.2 miles to parking entrance Just past the main entrance.

From east(Knoxville)

Take I-40 West Stay left on I-24 via Exit 213A toward I-440W/Memphis/Chattanooga. Go .8 miles, merge onto I-440 W via Exit 53 toward Memphis. Go 2.6 miles, merge onto I-65 S via Exit 5 toward Huntsville. Go 5.9 miles. Merge onto Old Hickory Blvd/Tn-254 W via Exit 74B toward Brentwood.). Go 6.8 miles. Turn right in to the parking area which will be just past the main entrance to the park.

From west(Memphis) Take 9-40 East. Take Exit 196, US-70S toward Bellevue/Newsom Station. Merge onto US-70S E/TN-1 E/Memphis/Bristol HWY toward Bellevue/Belle Meade Plantation. Go 2.0 miles. Turn right on Old Hickory Blvd Go 1.0 mile Turn left on to TN-100. Go .7 miles. Turn right on Old Hickory Blvd/TN-254. Go 1.2 miles to parking entrance to Steeplechase course.

From Nashville International Airport, take Donelson Pike/TN-255 N. Go .5 miles. Merge on to I-40 W via ramp on the left toward Knoxville. Go 3.2 miles. Keep left to take I-24 via Exit 213A toward I-440 W/Memphis/Chattanooga. Go .8 miles. Merge onto I-440 W via Exit 53 toward Memphis. Go 2.6 miles. Merge onto I-65 S via Exit 5 toward Huntsville. Go 5.9 miles. Merge onto Old Hickory Blvd/Tn-254 W via Exit 74B toward Brentwood.). Go 6.8 miles. Turn right in to the parking area which will be just past the main entrance to the park.