



USATF Adirondack Association Junior Olympic Cross Country Championship

Sunday, November 4, 2018
Schodack Island State Park - Schodack Landing, NY

Meet Directors: Molly Goodrich - youth@adirondack.usatf.org John Pusateri - office@adirondack.usatf.org

Entry Information: The Association entry fee is \$10 per athlete. Please follow the below link for online registration.

<https://www.athletic.net/CrossCountry/meet/155108/register>

Entry will be open **Saturday October, 20th and close October 31st at 9:00pm** The Association fee must be paid online and a small processing fee will be charged. Day of meet registration is \$15.00.

- **Valid 2018 USATF Membership and Age Verification is required for participation.** Before registration, please ensure that the youth chair has received (via mail, fax, or email) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation. **ALL AGE-VERIFICATION MUST BE SUBMITTED BY 12PM ON Wednesday, October 31st.**
*****There will be no Age Verification completed after this deadline*****

***Athletes who compete in the State High School or Collegiate Championship Series may be advanced into their Regional if their Association meet date is in conflict with their school competition. Conflict means both meets are held within 48 hours of the other. Any athlete who wishes to be granted a waiver to the Regional Junior Olympic Championship **must** email - youth@adirondack.usatf.org by Wednesday, October 31st, at 9:00pm, to request the waiver (Include name, date of birth, USATF member number, high school name). Once the waiver is granted you will receive an email with instructions of how to register for the Association meet on Athletic.net.

Qualification Information: The top 5 teams and other 30 individuals finishing within their gender/age group are eligible to advance to the Regional Championship on November 18th at Bowdoin Park - Wappingers Falls, NY Region 1 registration is only on Athletic .net and open once all Association meets are final

Teams: Teams must represent current USATF member clubs; and athletes representing clubs must be registered members of said clubs prior to participation in their Association Championships. All members of the same club listed on the team declaration roster at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of Qualifications up to and including the National Championships as long as the team qualifies. In order to declare a team, a club must enter a minimum of 5 and a maximum of 8 athletes by the entry deadline. The composition of the team at each round can change if you submit a change form at the registration at packet pickup at least 2 hours prior to the race and any athlete changed must be listed on the declaration roster. A,B,C teams may be declared. All team members **must** wear matching tops.

Rules: 2018 USATF Competition rules apply. http://www.usatf.org/About/Competition-Rules/31468_USATF_Book-TXT.aspx

Division and Year of Birth:

8 and Under Division - 2010 and Later (2K)

13-14 Division - 2004-2005 (4K)

9-10 Division - 2008-2009 (3K)

15-16 Division - 2002-2003 (5K)

11-12 Division - 2006-2007 (3K)

17-18 Division - 2000-2001 (5K)

Schedule of Events:

8:30 Registration Opens

12:00pm 3K (Girls 11-12 Division)

8:30am - 9:45am Course open for walk-through

12:30pm 3K (Boys 11-12 Division)

10:00am - 2K (Girls 8 & under)

1:00pm 4K (Girls 13-14 Division)

10:30am 2K (Boys 8 & under)

1:30pm 4K (Boys 13-14 Division)

11:00am 3K (Girls 9-10 Division)

2:00pm 5K (Girls 15-18 Division)

11:30am 3K (Boys 9-10 Division)

2:30pm 5K (Boys 15-18 Division)

Schedule subject to change so please arrive early. Games Committee may combine Divisions as necessary

Results: Results will be available after each race as soon as possible and will be posted on Athletic .net once meet becomes official. We will be hand timing this event. Finishing order is based upon the athlete's body crossing the finish line and decided by the Judges and/or Officials.

Awards: Association Medals will be given to 1st, 2nd and 3rd and Finisher Ribbons to remainder.

Protests: Protests must be submitted to the Games Committee Table within 30 minutes of posting of a race's results. The Meet Referee will make a decision. Appeals of the Referee decision shall be made in writing within 30 minutes to the Jury of Appeals and shall be accompanied by a \$50 fee. The fee is returned if the decision is reversed.

Meet Referee: Abby Atkins

Games Committee: Molly Goodrich, Abby Atkins, Bill Quinlisk, Kim Skylstad, Cindy Madison, John Sestito, John Pusateri, Craig Evans, Renee Tolan, Neil Howard

Course Description: Course runs through a combination of wooded groomed trails which can be somewhat muddy after heavy rain, grass and cinder pathways. This is a spike preferred course. All race distances have been measured and are accurate within a small margin of error to be correct.

Medical: There will be an Athletic Trainer on site during the meet.

Parking: You must park in designated lots and there will be no parking on the grass.

NO DOGS ARE ALLOWED ON THE COURSE, FIELD, OR REGISTRATION AREA

*** Please forward any questions to youth@adironack.usatf or office@adironack.usatf.org ***