



# Junior Olympic Cross Country Championships

Sunday, November 15, 2009 – 11:00 a.m.

[Saratoga Spa State Park](#), Saratoga Springs, NY

Course Walk: All courses will be walked through at 10:00 a.m.

Entry forms and course maps are available on our web site.

T-shirts will be available at the meet.



Register online at: [www.usatfadir.org/HPLinks/09joxc.htm](http://www.usatfadir.org/HPLinks/09joxc.htm)

**ELIGIBILITY** – All registrants must have a current USATF Adirondack membership to compete. If you are not a current USATF Adirondack member, please visit our web site at [www.usatfadir.org/membership.asp](http://www.usatfadir.org/membership.asp) to apply directly online for an immediate 2009 membership or to print a membership application to mail in with your entry form (which will be held until November 1st for a 2010 membership). You may also call (518) 273-5552 to have a membership form faxed/mailed to you. Youth membership is \$20.00. This meet is open to all youth born in 1991 or later and who reside within the boundaries of USATF Adirondack. All athletes and club teams advancing to Regional competition will need to be registered in good standing with the Adirondack Association.

**ENTRY FEES- Register online at [www.usatfadir.org](http://www.usatfadir.org)**  
-for 2009 USATF members - \$7.00 by November 11, 2009  
-for Non-USATF members - \$27.00\* by November 11, 2009

**LATE FEE/RACE DAY (After November 11, 2009)**

- for 2009 USATF members - \$15.00  
- for Non-USATF members - \$35.00\*

\*This fee includes a mandatory 2010 USATF Youth membership of \$20 (available November 1, 2009) as all participants must be current USATF members. See Eligibility above. Your membership card will be e-mailed to you after November 1st. If you need a membership prior to November 1st, please state that on your USATF application.

**Your Entry Must Include:**

**Entry Fee:** Payable to Board of Athletics, Adirondack Association

**Complete Entry Form: (Refer to Attached Form)**

**Photocopy of Birth Certificate: (Non-Returnable)**

**\*For New Members Only** - USATF membership application

**Mail to: USATF Adirondack, PO Box 1200, Troy NY 12181**

**GROUPS & ORDER OF EVENTS**

(Divisions determined by year of birth)

Sub Bantam	2001 and later	11:00 a.m.	b/g	2 km
Bantam	1999-2000	11:30 a.m.	b/g	3 km
Midget	1997-1998	12:00 p.m.	b/g	3 km
Youth	1995-1996	12:30 p.m.	b/g	4 km
Intermediate*	1993-1994	1:00 p.m.*	b/g	5 km*
Young*	1991-1992	1:30 p.m.*	b/g	5 km*

\*If you are in the YOUNG division please be prepared to race at 1:00 p.m. as races may be combined depending on number of entrants.

**AWARDS**

Championship medals will be given to the top ten (10) individuals in each age group. Gold (1st), silver (2nd) and Bronze (3rd – 10th). Ribbons to all finishers. Team plaques to the top 3 teams will be mailed to current club contact.

**TEAM COMPETITION (Competition Rule 305.3b&c applies)**

A minimum of 5 and maximum of 8 members per team must be declared by 10:00 am Race Day. However, the roster listing all the kids eligible to run on your team is Due by the November 11th deadline. All team members must be in the same age groups. Younger athlete may not move up (except for sub-bantams who must run in bantam division). Clubs may enter more than one team. Top 5 runners will score. All clubs must be recognized and registered by November 11th with the USATF Adirondack Association in order to receive awards and/or placement to the Region One Championships (contact USATF Adirondack for club membership formation).

**DIRECTIONS to Saratoga Spa State Park**

Exit 13 North off Northway (I-87), 2 miles north on Route 9, turn left at second State Park entrance. Start line is 1/2 mile on left, 200 yards from Gideon Putnam Hotel.

**REGIONAL COMPETITION**

**Sunday, November 22, 2009**

Cony High School, Augusta, Maine <http://www.meusatf.org/>

**All entries and intents to run at the Regional meet must be stated at the Association meet. Birth certificate required.**

Top 25 finishers and top 3 teams in each age group will advance to the Regional Competition. **Bantam through Young divisions advance only. Sub-Bantams must register as and compete with Bantams to advance.** Parents and athletes should be prepared to make their decision after the Association race in which the athlete is competing. Meet information will be available at the Association meet and on the USATF Adirondack website at [www.usatfadir.org](http://www.usatfadir.org). Sign-up will begin at 12:15pm. Entry fee is \$10.

**ATTENTION: SUB-BANTAMS** - In order to compete in the progressive Championship meets; Association, Regional and National, Sub-Bantams must run and compete at the Bantam level to advance to the next level of competition culminating in the National Junior Olympic Competition.

**NATIONAL COMPETITION**

**Saturday, December 12, 2009** - Reno, Nevada at

Rancho San Rafael Regional Park

National information will be available at the Association meet. Transportation and accommodations must be made by parents or coaches. For more information please visit the USATF National website at

[www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships/](http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships/)

Entry fee is \$20.

**TUNE UP FOR THE JUNIOR OLYMPIC CHAMPIONSHIPS AT THESE OTHER LOCAL EVENTS!!**

**SARATOGA NATIONAL BANK & TRUST COMPANY CROSS COUNTRY CLASSIC 5K - HOST TO USATF ADIRONDACK 5K CROSS COUNTRY CHAMPIONSHIPS**

Sunday, October 18, 2009 10:00 a.m. Saratoga State Park (518) 583-3114. [www.saratoganational.com](http://www.saratoganational.com)

**JUNIOR OLYMPIC CONTACT INFORMATION**

Youth Chair: Lisa Mills - [screamingeagle@nycap.rr.com](mailto:screamingeagle@nycap.rr.com)  
(518) 877-0927

**USATF Adirondack Association** (518) 273-5552  
**PO Box 1200, Troy NY 12181**

[www.usatfadir.org](http://www.usatfadir.org), [eventinfo@usatfadir.org](mailto:eventinfo@usatfadir.org)



# 2009 USATF Junior Olympic Cross Country Program

## Individual Entry & Advancement Form

Do not need to print and mail form when registering online!

ADIRONDACK

ADIRONDACK

Please type or print legibly

Last Name \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_ Email \_\_\_\_\_

Full USATF Club Name \_\_\_\_\_

USATF Club Number 0 3 / 0 \_\_\_\_\_

USATF Association Adirondack USATF Region # 1

USATF Membership Number \_\_\_\_\_

(Required)

### AGE DIVISION

Sex:  Male  Female

- Sub-Bantam (Born 2001 or later)\*  
\*Not eligible to advance. Must register and compete as Bantam to qualify for Regional Competition.
- Bantam (Born 1999 and later)
- Midget (Born 1997-1998)
- Youth (Born 1995 -1996)
- Intermediate (Born 1993-1994)
- Young M/W (Born 1991-1992)

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
BIRTH DATE VERIFIED\*\*

### Section 1

**Association Championships** Saratoga Springs NY November 15, 2009 Entry Fee: \$7.00 per athlete  
(Check appropriate age division to enter the Association Championship)

- Sub-Bantam (2 km) Only – Not eligible to Advance -  
Must register and compete as Bantam to qualify for Regional Competition
- Bantam (3 km)
- Midget (3 km)
- Youth (4 km)
- Intermediate (5 km)
- Young Men/Women (5 km)

### Section 2

**Regional Championships** November 22, 2009 Cony High School - Augusta, Maine  
(Indicate place/time from Association Championships) Entry Fee: \$10.00 per athlete

	Time	Place		Time	Place
<input type="checkbox"/> Bantam (3 km)	_____	_____	<input type="checkbox"/> Youth (4 km)	_____	_____
<input type="checkbox"/> Midget (3 km)	_____	_____	<input type="checkbox"/> Intermediate (5 km)	_____	_____
			<input type="checkbox"/> Young Men/Women (5 km)	_____	_____

### Section 3

**National Championships** Reno, Nevada December 12<sup>th</sup>, 2009 Entry Fee: \$20.00 per athlete  
(Indicate place/time from Regional Championships)

	Time	Place		Time	Place
<input type="checkbox"/> Bantam (3 km)	_____	_____	<input type="checkbox"/> Youth (4 km)	_____	_____
<input type="checkbox"/> Midget (3 km)	_____	_____	<input type="checkbox"/> Intermediate (5 km)	_____	_____
			<input type="checkbox"/> Young Men/Women (5 km)	_____	_____

Athlete's Release: I voluntarily agree to participate in the 2009 USA Track & Field Junior Olympic Cross Country Championships and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the 2009 USA Track & Field Junior Olympic Cross Country Championships, from any cause whatsoever, including the fault or negligence of Releasees (as defined below). I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the local USATF Association, the Local Organizing Committee, the Facility and Championship Sponsors, their respective officers, directors, employees, agents and volunteers (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the 2009 USA Track & Field Junior Olympic Cross Country Championships. In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Athletes who participate in this competition may be subject to drug testing. Visit the competition's Athlete Information page ([www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships](http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships)) for more information.

Signature - ATHLETE \_\_\_\_\_

Signature - PARENT/GUARDIAN (Must be signed if athlete is under 18 years of age.) \_\_\_\_\_

ADA request: I am requesting an accommodation for a disability as follows: \_\_\_\_\_  
(Visit [www.usatf.org/about/legal/policies/ADA.asp](http://www.usatf.org/about/legal/policies/ADA.asp) for forms and procedures)

\*Please note: All requests for accommodations must be received six weeks prior to the date of competition.

List allergies and current medications: \_\_\_\_\_

**THIS ENTRY FORM MUST BE RETURNED TO THE REGISTRATION AREA BEFORE LEAVING THIS MEET.**

\*\*Proof of Age: Verification Stamp (based on Birth Certificate, Certified Baptismal Record, Passport, Driver's License, or U.S. government identification)

