

Information Sheet and Instructions



USATF Junior Olympic Region 1 Cross Country Championships Sunday, November 20, 2011



[Queensbury High School](http://www.queensburyschool.org/)
<http://www.queensburyschool.org/>
409 Aviation Road
Queensbury, NY 12804

Directions to Queensbury High School: 409 Aviation Road, Queensbury, NY 12804

I-87(Adirondack Northway-North of Albany, NY) Exit 19, From North, take a right at end of ramp onto Aviation Rd. From South, take a left at end of ramp. High School is on right - 409 Aviation Road.

Parking: There is plenty of parking at Queensbury High School.

Schedule:

SubBantam Girls	2003 & later	10:00am	2K	Youth Girls	1997-1998	1:00pm	4K
SubBantam Boys	2003 & later	10:30am	2K	Youth Boys	1997-1998	1:30pm	4K
Bantam Girls	2001-2002	11:00am	3K	Intermediate Girls	1995-1996	2:00pm	5K
Bantam Boys	2001-2002	11:30am	3K	Intermediate Boys	1995-1996	2:30pm	5K
Midget Girls	1999-2000	12:00noon	3K	Young Women	1993-1994	3:00pm	5K
Midget Boys	1999-2000	12:30pm	3K	Young Men	1993-1994	3:30pm	5K

Starting positions will be assigned by Association. Follow the directions of the clerks.

Qualification Information: The top three (3) teams from each race and individuals finishing in the top 25 from each race at their Association meet qualify for the Region 1 Championship.

Associations that have 8, 9, or 10 unique clubs (B, C teams do not count for that total) participating in any division race may advance 4 teams to the Region 1 meet in that division only. Associations with 11 or more unique clubs in a division race can advance 5 teams to the Region 1 meet in that division

Individuals who have received a waiver to bypass their association meet due to a scholastic championship race the same weekend as their association meet must submit their request, signed form, and fee to their association representative. All waivers will only be accepted through the association representatives; waivers submitted directly to the Region 1 meet management will not be accepted.

Entry Information: The Regional entry fee is \$10 per athlete. Individuals must enter using www.coacho.com. Entry will open Wednesday, November 9th and will close Thursday, November 17th at 5:00 p.m. The Region 1 fee must be paid online at time of registration. VISA and debit from bank account are the only methods of payment. All entrants must have submitted a signed waiver form at their association meet, which will be brought by the association representative to the Region 1 meet.

Teams: All teams are entered through CoachO. If a team has more than 8 runners, or multiple (A, B, etc) teams at the Region 1 meet, the final lists of scorers for each team (up to 8) must be declared by submitting, in writing, no later than 1 hour before the respective race. If a team with more than 8 entries fails to declare, the first 8 runners entered, in alphabetical order whether they run or not, will be considered their declared team. Declaration forms will be available at number pick-up.

Number/Package Pick-up: Saturday, November 19, 12:00-4:00 p.m. at Queensbury High School.
Sunday, November 20 starting at 8:30 a.m. at Queensbury High School

Competitor's Check-In: On Sunday, after you get your bib, please report (either individually or with your teammates if you are part of a declared team) to the designated posted check-in area near the start line 20 minutes before the posted race time. Here you will be checked to ensure you have your race bib and matching team tops (Rule 253). After checking in you will have the option of going to the start line to warm-up. You will be given a 5 minute, 3 minute, and one minute warning before the start commands. Each Association will be assigned a start box. Your assigned box will be posted the day of race. **Parents and coaches will not be allowed on the starting line within the last 5 minutes before the start.**

Rules: 2011 USATF Championship rules apply unless superseded by the 2011 USATF Youth Athletics Handbook. **IMPORTANT Note to Sub-Bantam athletes competing at the Region 1**

Championships: Rule 300.1.C (page 170) of 2011 Competition Rules: "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 Championship."

Course: There are over 400 meters of open grass field at the start and finish of each course. The 2000m course is approximately 1.2 miles (short approx. 40m) flat and fast with 1000m of wooded trails. The 3000m course is approximately 1.8 miles (short approx. 65m) and will be fast and rolling with no major hills. The 4000-meter course is approximately 2.4 miles (short approx. 100m) and has two major hills back to back just after the 1-mile mark. The 5000-meter is an actual measured 5000 meter course and is rolling and fast and is run entirely on grass and trails. There are two challenging hills located at mile 1 and mile 2. **The finish area will be flagged and must remain clear except for finish officials. Coaches and parents crossing into restricted areas render their teams and athletes subject to disqualification.**

*****Site of the 2005 State X-C Championships.*****

Maps can be found at www.usatfadir.org/HPLinks/reg1joxc.htm

Walks: The course is open for review on Saturday (11/19) from 12:00-4:00 p.m., with official guided walks at 1:30 p.m. and 3:00 pm. Sunday's (11/20) guided walks are at 8:00 a.m.(2k & 3k), 8:30 a.m.(4K), and 9:00 a.m.(5K)

Results: Official results will be available 30 minutes after each race and will be posted on or in a designated location which will be announced at the meet. The results will be posted on www.usatfadir.org, www.usatf.org, www.coacho.com and all of the Region 1 association web sites.

Awards: Medals are awarded to the top 20 in each race.

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

Concessions: Various apparel items will be on sale on Saturday from 12:00-4:00 p.m. and all day Sunday. Food and drink concession will be available on Sunday.

Meet Director: George Regan

Site Director: Bob Underwood

Games Committee: Abby Atkins, Mary Ellen Chardavoyne, Tom Dalton, Nicole DePasquale, Pat Glover, Peter Sheridan, Bruce Vandewater. Committee Chair: Chris Rush

Jury of Appeals: Bill Mongovan and the Youth Chairs or their representative from each Association.

Meet Referee: Joe Shufelt

Protests: Written protests must be referred to the Meet Referee within 30 minutes of the end of the race. Appeals of the decision of the Meet Referee shall be made in writing within 30 minutes to the Jury of Appeals and shall be accompanied by a \$25 fee. The fee is returned if the decision is reversed. The decision of the Jury of Appeals shall be final.

Coaches: Questions should be directed to your respective association youth chairs.

Hotels For Region 1 Junior Olympic Cross Country: These hotels have been provided to us through the Lake George Regional Chamber of Commerce & Lake George Regional CVB, Inc. Each of the hotels is offering some sort of discount or package for the Region 1 Junior Olympic Championships.

Note: Listed room rates are exclusive of tax which is 11%.

The Fort William Henry Resort - Lake George

\$79.00 per night
Roberta Daab 518-964-6633
rdaab@fortwilliamhenry.com
www.fortwilliamhenry.com

The Hampton Inn & Suites - Lake George

\$99.00 per room per night.
Amy Austin, 518-668-4100
Amy.Austin@hilton.com
www.lakegeorgehamptoninn.com

Red Roof Inn – Queensbury

Saturday night room rate \$109.00.
Friday & Saturday night stay \$99.00.
Hal Halliday 518-745-4000
halprojectmanager@gmail.com
www.redroofinn.com

The Clarion Inn & Suites - Lake George

Standard Deluxe rooms for \$89.99 per night.
Deluxe Suites for \$119.99.
Amanda Berrigan 518-793-3196
info@ClarionLakeGeorge.com
www.ClarionLakeGeorge.com

Super 8 Motel in Lake George

\$50.00 per room per night (double occupancy)
Vinnie & Jody Crocitto 518-668-2470
vcroc091661@yahoo.com
www.Super8LakeGeorge.com

Comfort Inn & Suites - Lake George

\$109.00 per room per night
Michael Stark, 518-761-0001
gm.ny284@choicehotels.com
<http://www.comfortsuiteslakegeorge.com/>

Country Inn & Suites

Standard Room @\$85.00 per night
Suites @\$125.00.
Contact: Elaine Swain, 518-745-0180
elaine.swain@countryinns.com
www.countryinns.com/lakegeorgeny

Wingate by Wyndham - Lake George

\$82.00 per room per night
Anne Marie Castellano 518-668-4884
annemarie@wingatelakegeorge.com
www.wingateinnlakegeorge.com

The Great Escape Lodge & Indoor Water Park

\$149.00 per night for up to 4 people
-includes 4 indoor water park passes
Steve Krehbiel 518-824-6042
sKrehbiel@sftp.com
www.SixFlagsGreatEscapeLodge.com

Quality Inn - Lake George

1 night at \$69.95 or
two nights at \$119.95
Scott Coers 518-668-3525
gm.ny204@choicehotels.com
www.qualityinnlakegeorge.com/

Holiday Inn - Lake George

Non pool view rooms at \$89.00
Pool view at \$99.00
Mandy Wilson 518-668-5781
mwilson@turfhoteles.com
www.LakeGeorgeturf.com

Sun Castle Resort - Lake George

Townhomes (up to 6 guests)
\$250.00 per night.
Debbie Regan 518-668-2085
debbie.regan@innatwaterlowest.com
www.SunCastleResort.com

**Queensbury Hotel
(downtown Glens Falls)**

\$79.00 per night
Amy Hoffer, 1-800-554-4526
Indicate the group code of USATF
AHoffer@queensburyhotel.com
www.thequeensburyhotel.com

Queensbury Area Restaurants All these restaurants are within 5 miles of the Queensbury campus.

Applebee's - Quaker Rd.

Denny's - Quaker Rd

Frank's Pizza and Italian - Rt 9

Friendly's Restaurant - Aviation Rd

Harvest Restaurant - Cronin Rd.

Olive Garden - Rt 9

Pizza Hut - Rt 9

Pizzeria Uno Rt 9

Red Lobster - Rt 9

Golden Corral - Quaker Road

O'Toole's - Quaker Road

Johnny Rocket's - Rt. 9

For more information on Where to Stay, Eat, Shop and Things to do while visiting the area contact The Lake George Regional Chamber of Commerce & CVB at 518-668-5755. <http://www.lakegeorgechamber.com/>

National Junior Olympic Cross Country Championships: Saturday, December 10th. Myrtle Beach, South Carolina @ Whispering Pines Golf Course. The top 3 club teams and other individual finishers in the top 20 in each race are eligible to advance to Nationals. **All National Registrations must be done on www.coacho.com.**

Event web site: <http://www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships/>

**Questions? Contact meet management: USATF Adirondack, PO Box 1200 Troy, NY 12181
518-273-5552 www.usatfadir.org eventinfo@usatfadir.org**

Last updated: October 25, 2011 1:37 p.m.