



# Junior Olympic Cross Country Championships

Sunday, November 6, 2011 – 11:00 a.m.

Queensbury High School, Queensbury, NY

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

Entry forms and course maps are available at [www.usatfadir.org/HPLinks/joxc.htm](http://www.usatfadir.org/HPLinks/joxc.htm).

T-shirts will be available at the meet.



Revised 11/1/11

Register online at: [http://usatfregistration.com/meet/entry/ny\\_usaxcyouth03/](http://usatfregistration.com/meet/entry/ny_usaxcyouth03/)

**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 2011 membership or to print a membership application to mail. 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 1993 or later and who reside within the boundaries of USATF Adirondack. Memberships purchased after Nov. 1 are good for all of 2012 as well.

**ENTRY FEES- Registrations are only accepted online.**

Please register at

[http://usatfregistration.com/meet/entry/ny\\_usaxcyouth03/](http://usatfregistration.com/meet/entry/ny_usaxcyouth03/)

- On-time fee: **\$8** by October 28, 2011.
- Late fee: **\$10** by November 3, 2011 at 5:00 p.m. - close of online registration. **THERE IS NO RACE DAY REGISTRATION.**
- You must have a USATF Adirondack membership number to register.
- You can either compete as unattached (no club affiliation) or for a currently registered USATF Adirondack Club. Your USATF membership profile must state your club affiliation to be on that club's roster. Email [eventinfo@usatfadir.org](mailto:eventinfo@usatfadir.org) to update your profile.

## DAY OF MEET CHECK-IN

- Bring proof of online registration and payment.
- Bring signed waiver form (please complete & print next page).
- Bring proof of birth if not already verified. (Non Returnable.)
- Bring proof of USATF Membership

## GROUPS & ORDER OF EVENTS

(Divisions determined by year of birth)

Sub Bantam	2003 and later	11:00 a.m.	b/g	2 km
Bantam	2001-2002	11:30 a.m.	b/g	3 km
Midget	1999-2000	12:00 p.m.	b/g	3 km
Youth	1997-1998	12:30 p.m.	b/g	4 km
Intermediate*	1995-1996	1:00 p.m.*	b/g	5 km*
Young*	1993-1994	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. In each age group, girls and boys will run in the same race.

## AWARDS

Championship medals will be given to the top ten (10) individuals in each age group. Gold (1st), silver (2nd) and Bronze (3rd – 10th).

## 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 athletes eligible to run on your team is due by the November 3rd deadline. All team members must be in the same age groups. Younger athletes may not move up. Clubs may enter more than one team (A, B, C). Top 5 runners will score. All clubs must be recognized and registered by November 3rd with the USATF Adirondack Association in order to receive awards and/or placement to the Region One Championships (contact USATF Adirondack for club membership information).

A, B, C teams of clubs may advance to Region One if they place in the top 3 club teams in their division in the Association Championships.

## DIRECTIONS to Queensbury High School

[www.queensburyschool.org](http://www.queensburyschool.org)

I-87 North of Albany, at Exit 19, proceed west to - 409 Aviation Rd. Queensbury NY. The school is on your right.

## REGIONAL COMPETITION

Sunday, November 20, 2011

-Queensbury High School, Queensbury NY

-All entries for the Region I meet must also register online at [coacho.com](http://coacho.com) by Nov. 17. Payment must be made online at time of registration. Only Visa /MasterCard accepted.

-Fee for Region I entry is \$10 per athlete.

-Top 25 finishers and top 3 teams\* in each age group may advance from the Association meet to the Regional Competition. Meet information will be available at the Association meet and at the USATF Adirondack website at [www.usatfadir.org](http://www.usatfadir.org).

\*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 I meet in that division only. Associations with 11 or more unique clubs in a division race can advance 5 teams to the Region I meet in that division.

• **ATTENTION: SUB-BANTAMS** - Sub-Bantams MAY NOW advance to the Region 1 Championship and those 7 years and older may advance to the National Championship.

**WAIVERS** - Some HS athletes may qualify for a waiver to pass on to the Region I meet if they are competing in a HS meet during the weekend of November 5th & 6th. Those requesting a waiver must register in the Association meet online and then request a waiver from the Youth VP. (See contact info below.)

## NATIONAL COMPETITION

Saturday, December 10, 2011

-Myrtle Beach, South Carolina @ Whispering Pines Golf Course  
<http://www.usatf.org/events/2011/USATFJuniorOlympicXCChampionships/>

-The top 3 teams and top 20 individuals from the Region I meet may advance to the National JO XC Championships.

-Entry by [coacho.com](http://coacho.com) after the Region I meet.

-Deadlines and entry fees are forthcoming.

**Please check the USATF Adirondack event calendar for any events which you may find useful as training events or warm-ups to the Junior Olympic Cross Country Championships.**

<http://www.usatf.org/calendars/searchResults.asp?associationNumber=3>

## JUNIOR OLYMPIC CONTACT INFORMATION

Youth VP: Ken Skinner - [kennyskin@earthlink.net](mailto:kennyskin@earthlink.net)

USATF Adirondack Association (518) 273-5552

PO Box 1200, Troy NY 12181

[eventinfo@usatfadir.org](mailto:eventinfo@usatfadir.org)

<http://www.usatfadir.org/HPLinks/joxc.htm>