



Coach and Athlete Information
2014 USATF Junior Olympic
Region 1 Cross-country Championships
Cony High School, Augusta, Maine
November 23, 2014

The Maine Association of USA Track & Field is pleased to host the 2014 Region 1 Junior Olympic Cross-country Championships. We hope that everyone coming will have a great weekend in our beautiful state. For families we have included a spaghetti supper that you're sure to enjoy, but order your tickets early!

Now for specifics!

- The top 30 individuals and top five teams from each association meet advance to the Region 1 Championships.
- Entries are due by November 21, 2014 at 11:59 a.m.
- Championships will be held at Cony High School in Augusta, Maine.
- Hotel/motel rooms are being held but reservations need to be made early.
- National qualifiers are the top 30 individuals and top five teams in this meet.

Meet Director:

Ron Kelly-207-745-4781, rkelly01@maine.rr.com

Entry Information:

- The Regional entry fee is \$15 per athlete.
- Entries must be submitted online at www.coacho.com
- Entries close at 11:59 am on November 21
- Late entries will not be accepted
- Age verification must be submitted and processed by your association prior to the entry deadline
- Starting box assignments be made by association and will be posted on www.meusatf.org on November 21 by 8:00 pm
- Course maps will be posted on www.meusatf.org
- Uniforms must be in accordance with the USA Track & Field 2014 Competition Rules.

Teams and Team Scoring: Teams are required to declare their scoring runners if they have more than eight runners. These must be declared one hour before the start of each race. If a team with more than eight entries fails to declare, the first eight runners listed on their team roster, whether they run or not, will be considered their declared team.

Rules: 2014 USATF Championship rules apply unless superseded by the 2014 USATF Youth Athletics Handbook.

Race Schedule:

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|--------------|-------------|----|------------|
| 8 & U* Boys | (2006+) | 2K | 9:00 am |
| 8 & U* Girls | (2006+) | 2K | 9:30 am |
| 9-10 Boys | (2004-2005) | 3K | 10:00 am |
| 9-10 Girls | (2004-2005) | 3K | 10:30 am |
| 11-12 Boys | (2002-2003) | 3K | 11:00 am |
| 11-12 Girls | (2002-2003) | 3K | 11:30 am |
| 13-14 Boys | (2000-2001) | 4K | 12:00 noon |
| 13-14 Girls | (2000-2001) | 4K | 12:30 pm |
| 15-16 Boys | (1998-1999) | 5K | 1:00 pm |
| 15-16 Girls | (1998-1999) | 5K | 1:30 pm |
| 17-18 Boys | (1996-1997) | 5K | 2:00 pm |
| 17-18 Girls | (1996-1997) | 5K | 2:30 pm |

* must be 7 by December 31, 2014 to advance to the National Championship

Results: Official results will be available 30 minutes after each race and will be posted in the hallway by the gym. The results will also be posted online at: www.meusatf.org, www.coolrunning.com, www.usatf.org, www.me.milesplit.com, www.sub5.com, and all of the association web sites.

Awards: Medals are awarded to the top 20 in each race. Ribbons to all others that finish the race.

Games Committee: Marty Kahler, Marty Thornton, Taylor Harmon

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

Meet Referee: Don Berry

Protests: Protests must be referred to the Meet Referee within 30 minutes of results posting. Appeals to 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.

Medical: services will be provided by Maine General Medical Center Sports Medicine during the meet.

Course: The course is located in back of Cony High School. The course will be challenging and consists of fields, hills and trails in the woods. Spikes are recommended. Maps will be available and course walks will be held Saturday from 1:00-4:00 pm. Sunday course walks will begin at 7:30 am.

Concessions: Meet souvenirs including T-shirts will be on sale Saturday outside near packet pick-up and on Sunday in hallway. A food concession will be located in the Food Court of the high school. There may be additional food sold out of doors near the finish line depending on the weather.

Number/Packet Pick-up:

Packet pick-up will be at Cony High School during course walks on Saturday from 1:00-4:00 pm (outside the school); and on Sunday inside the school starting at 7:30 am in the hallway by the gymnasium. Also at the spaghetti supper and from Ron Kelly at the Meet Hotel (Senator Inn and Spa) from 8:00 pm – 10:00 pm (There will be an informational easel in the lobby with room information for packet pick-up.)

No Dog Policy:

There is a “no dogs allowed” policy for the Cony High school campus. The only exception is for service animals.

Directions to Cony High School: 60 Pierce Drive, Augusta.

Exit the Maine Turnpike at Portland and take I-295. From Portland-52.6 miles. Merge onto I-95 and take Exit 109 for (ME17/ME100/US202/ME11) toward Augusta. While taking this exit, bear to the right. You are now on Western Ave. Visual marker is the Senator Hotel. Continue 1.5m to the Memorial Circle and take the 2nd exit onto ME100/ME17/Memorial Dr/US201. Continue over the bridge and at the next traffic circle(Cony Circle) take the 2nd exit onto Cony St/ME105. Travel up the hill and bear right at the top of the hill(you are remaining on Cony St). Continue to Pierce Drive with schools entrance on your left. The entrance is 1.1m from Cony Circle.

Spaghetti Supper (Pasta and Humor): Pasta and humor! Don't miss out on the Saturday evening special spaghetti supper beginning at 5:30 pm at the Calumet Club, 334 West River Road, Augusta. Tickets are \$15.00. Dinner includes: pasta, two kinds of sauce, salad, bread, beverages, and desert.



Order online at www.meusatf.org by 17 November. Tickets will be

placed in your individual or team packet. Entertainment will be by well-known Maine Humorist, Gary Crocker. The spaghetti supper will be held at the Le Club Calumet, which is at 334 W River Road (also ME-104) in Augusta. From Augusta's West Side Rotary, follow ME-104 approximately 2 miles to the Calumet Club. Maps to the Calumet Club will be provided at packet pick-up.

Hotels:

Mention “Maine USATF” for reduced rates on blocked rooms. It will be best to book early!

Senator Inn and Spa, 284 Western Avenue - **\$89-\$99** + tax - 207-622-5804 - Reserve by November 15

Hampton Inn, 388 Western Avenue - \$149 + tax 207-622-4077 – reserve by November 9 – code is “Maine USA Track”

Comfort Inn, 281 Civic Center Dr - \$80 + tax 207-623-1000 – reserve by November 10

Quality Inn and Suites, 65 Whitten Road - \$74.70 + tax 207-622-3776 – reserve by November 8

Fairfield Inn and Suites, 14 Anthony Avenue - \$139 + tax – 207-623-2200 – reserve by November 8

Best Western Plus, 110 Community Drive - \$80 + tax 207-622-4751 – reserve by November 8

Super 8 Augusta, 395 Western Avenue - \$58.55 + tax- *Maine USATF – confirmation number 51611777 – call this number 877-361-2508 – reserve by November 8

USATF National Junior Olympic Cross-country Championships will be held in Myrtle Beach, SC on 13 December, 2014. Entry will be done through www.coacho.com.