



**Coach and Athlete Information**  
**2016 USATF Junior Olympic**  
**Region 1 Cross-country Championships**  
**Saratoga Spa State Park, Saratoga Springs, NY**  
**November 20, 2016**



**INFORMATION AS OF November 10, 2016**

The Adirondack Association of USA Track & Field is pleased to host the 2016 Region 1 Junior Olympic Cross-Country Championships. We hope that everyone coming will have a great weekend.

- ⤴ The top 30 individuals and top five teams from each association meet advance to the Region 1 Championships.
- ⤴ **Entries are due by Wednesday, November 16, 2016 at 12:00p.m. NOON**
- ⤴ Championships will be held at Saratoga Spa State Park, Saratoga Springs, NY.
- ⤴ Hotel information visit: [www.usatfadir.org](http://www.usatfadir.org).
- ⤴ National qualifiers are the top 30 individuals and top five teams in this meet.

**Meet Directors:**

USATF Adirondack Assoc.

Samantha Vining, [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org)

Molly Goodrich, [mbdgoodrich@gmail.com](mailto:mbdgoodrich@gmail.com)

**Entry Information:**

- ⤴ The Regional entry fee is \$15 per athlete.
- ⤴ Entries must be submitted online at [www.athletic.net](http://www.athletic.net) No other entry method accepted.
- ⤴ **Entries close at NOON on Wednesday, November 16<sup>th</sup>**
- ⤴ Late entries will not be accepted.
- ⤴ Starting box positions are by association and vary with each race. Positions will be available at packet pick up.
- ⤴ Course maps will be posted on [www.usatfadir.org](http://www.usatfadir.org)
- ⤴ Uniforms must be in accordance with the USA Track & Field 2016 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 at least one hour before the start of each race.  
(Declarations can also be done at time of entry)

If a team with more than eight entries fails to declare, the first eight runners listed alphabetically on their team roster, whether they run or not, will be considered their declared team.

**Rules:** 2016 USATF Championship rules apply unless superseded by the 2016 USATF Youth Handbook.

**Race Schedule:**

**NOTE: This may be different than association meet schedules**

8 & U* Girls	(2008+)	2K	10:00 am
8 & U* Boys	(2008+)	2K	10:30 am
9-10 Girls	(2006-2007)	3K	11:00 am
9-10 Boys	(2006-2007)	3K	11:30 pm
11-12 Girls	(2004-2005)	3K	12:00 pm
11-12 Boys	(2004-2005)	3K	12:30 pm
13-14 Girls	(2002-2003)	4K	1:00 pm
13-14 Boys	(2002-2003)	4K	1:30 pm
15-18 Girls	(1998-2001)	5K	2:00 pm
15-18 Boys	(1998-2001)	5K	2:30 pm

**Results:** Official results will be available 30 minutes after each race and will be posted near packet pick up. The results will also be posted online at: [www.usatfadir.org](http://www.usatfadir.org), [www.usatf.org](http://www.usatf.org) and association web sites.

**Awards:** Awards will be available 30 minutes after each race. Medals are awarded at the finish line to the top 30 in each race.

**Games Committee:** Samantha Vining, Molly Goodrich, Abby Atkins, Bill Quinlisk, Ken Skinner, Neil Howard, John Pusateri, Rick Choppa, Kevin Zimmerman, John Couch, Cindy Fisher

**Jury of Appeals:** Region I Chair Bill Mongovan and Youth Chairs or representative from each Association.

**Meet Referee:** TBD

**Protests:** Protests must be made to the Meet Referee in writing 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 \$50 fee. The fee is returned if the decision is reversed.

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

**Packet Pick Up:** Will be available at the Registration tent near the Admin Bldg./Start area. **Saturday, 11/19** from **1pm-4pm** and at our host hotel, the Saratoga Holiday Inn from **5pm-8pm**. **Sunday** at the Park starting at **8am**. We ask that one designated person for each club pick up the entire team packet rather than picking up bibs individually.

**Course:**

This is the 5k Championship Course in the Saratoga Spa State Park that is the home course of the Saratoga Springs High School Cross Country Team as well as several other area championships and invitational meets. The race starts and finishes on the wide grassy area between the Spa Little Theater and Hall of Springs parking lot. This cross country course combines flat and hilly terrain on open and wooded trails. Spikes are allowed. Maps are at [www.usatfadir.org](http://www.usatfadir.org)

**Course walks:** Saturday at the park. Packet pick up from 1:00-4:00 p.m. with a scheduled guided group course walk at 3:00pm. On Sunday, course walks begin at 8:00 am.

**Bicycles on course:** There are no unofficial bikes permitted on the course on Sunday, 11/20/2016. This is to maintain the safety of our athletes. There will be no official bike passes available for people to obtain. The only bikers on the course will be a lead biker at the front of each race. This will be enforced to maintain the safety of our athletes.

**Parking:** Follow directions and signs. Detailed map and directions on [www.usatfadir.org](http://www.usatfadir.org)

**Concessions:** A food truck will be located in the team tent area. Meet T-shirts will be on sale on Sunday.

**Team Tents:**

Pop-up team tents can be set up outside the start/finish paths areas. Staked tents need a permit from the Park.

**No Dog Policy:**

Do not bring dogs to the meet.

The only exception is for service animals.

**Directions:**

**Saratoga Spa State Park**

**19 Roosevelt Dr.**

**Saratoga Springs, NY 12866**

<http://www.nysparks.com/parks/saratogaspa>

**For area hotel information visit: [www.usatfadir.org](http://www.usatfadir.org)**

**National Junior Olympic Cross Country Championships:**

Hoover, Alabama, Saturday, December 10.

The top 5 clubs and other individual finishers in the top 30 in each race are eligible to advance to Nationals