

**2016 USATF-NE JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS**  
**SUNDAY NOVEMBER 13, 2016**

**HOSTED BY**  
**AMHERST TRACK AND FIELD**  
**TOWN OF AMHERST RECREATION DEPARTMENT**  
**USATF-NEW ENGLAND ASSOCIATION**  
**FREESTYLE FARM LLC**



The Amherst Track and Field Club, in conjunction with USATF New England, Freestyle Farm LLC and the Town of Amherst Recreation Department, will host the 2016 USATF New England Junior Olympic Cross Country Championships on Sunday November 13.

**From the Meet Director:** We are pleased to welcome you to Freestyle Farm again this year for the USATF New England Junior Olympic XC Championships meet. This is the 9<sup>th</sup> year that the Amherst Track and Field Club, the Town of Amherst Recreation Department, and Freestyle Farm LLC will host this championship meet. Our intent is to present to you a day that is focused on young athletes. We strive to create an environment in which cross country is experienced as sport rather than simply competition.

All of the venue is outdoors. Watch the weather and dress accordingly.

**EVENT LOGISTICS** - Plan to arrive at Freestyle Farm at least one hour before your race - and add 45 minutes if you want to do a course walk. Allow 5-10 minutes to get from parking to registration.

Athletes must be at the starting line **at least 5 minutes prior to the start time** for their event. **We start each race within one minute of the scheduled starting time.**

Dogs are not permitted at this event and bicycles are not permitted on the site. The use of air horns, trumpets and similar noise making devices are not permitted.

We look forward to meeting you and providing a first class meet for all participants and spectators. Feel free to email us with questions or comments.

George Bower, Meet Director (email: [track@Amhersttrack.org](mailto:track@Amhersttrack.org))

Here are some additional features of the meet and the event site.

**COURSE LAYOUT** - The meets will use the standard 2k, 3k, 4k and 5k course layout. The courses are all set on high quality trail surfaces. The amphitheater setting for the start/finish provides excellent viewing for spectators and ample area for team setup.

The courses are not open during the week for practice runs due to equestrian activities. All teams and individual runners have the opportunity to race on the courses on [Sunday November 6 at the Amherst Track and Field XC Developmental meet.](#)

**COURSE MAPS** are available on the [USATF-JO XC page.](#)

**COURSE WALKS** - The course will be open for tours on Saturday Nov 12 from 2:00 to 4:00 pm. **Everyone must be OFF the course by 4:00 pm and no course walks will begin after 3:30 pm.** Course walks will be conducted race day starting at 8:30 am.

**WATCHING THE RACES** - The races can be viewed from several good vantage points on the course. We encourage coaches, parents and spectators to walk the courses to watch the races. **Please do not interfere with runners** - they are the primary users of the course. Stay as close to the edge of the trail as possible and always walk single file.



**NOV 12 COURSE TOURS 2:00 - 4:00 PM**

**NOV 13 USATF-NE JO-XC CHAMPIONSHIPS**

Entry Forms: <http://www.usatfne.org/jo/index.html>

8:30 a.m.	Check-in Opens	
10:00 a.m.	3000 meter	11-12 Girls
10:30 a.m.	3000 meter	11-12 Boys
11:00 a.m.	3000 meter	9-10 Girls
11:30 a.m.	3000 meter	9-10 Boys
<b>Lunch</b>		
12:30 p.m.	<b>2000 METER 7-8 GIRLS</b>	
1:00 p.m.	<b>2000 METER 7-8 BOYS</b>	
1:30 p.m.	4000 meter	13-14 Girls
2:00 p.m.	4000 meter	13-14 Boys
2:30 p.m.	5000 meter	15-16 & 17-18 Girls
3:00 p.m.	5000 meter	15-16 & 17-18 Boys

**SUNDAY NOVEMBER 6 - AMHERST TRACK AND FIELD YOUTH XC DEVELOPMENTAL MEET**  
**2K - 3K - 4K - 5K AT FREESTYLE FARM**

[http://www.amherstrec.org/info/activities/program\\_details.aspx?ProgramID=28813](http://www.amherstrec.org/info/activities/program_details.aspx?ProgramID=28813)

**THE XC RACE COURSES** - The races will be run on groomed trails that surround a 50+ acre pond. Trail surfaces are grass and dirt, level, and with excellent footing and no paved surfaces. The terrain is gently sloping with a series of short hills. XC racing shoes or XC spikes recommended. The course will be marked with colored flags and a white, lime line. The **2k course is orange**, the **3k course is red**, the **4k course is green** and the **5k course is blue**. Course maps are available online at the [USATF-JO XC page](http://www.usatf-jo.org).

**DIRECTIONS TO FREESTYLE FARM** - Freestyle Farm is approximately 1:20 minutes from Boston. Directions can be downloaded from the [Amherst T&F Developmental Meet web page](http://www.usatf-jo.org).

**PARKING FOR XC EVENTS** - All parking will be on field/grass surfaces in the parking areas shown on the attached plan. Free parking is available in Parking areas 4 and 5. Premium parking will be provided in Areas 1, 2 and 3 for a donation of \$5.00. Limited parking will be available near the start-finish area for officials, buses, and handicapped parking.

Parking is allowed **only** in designated areas. Illegally parked vehicles are subject to towing by the Amherst Police Department. **NO PARKING IS ALLOWED ON MACK HILL ROAD.**

**EQUIPMENT DROP-OFF** - A drop off area will be available at the entrance to the Parking Area 2 for tents and other equipment. No parking or unattended vehicles are permitted in the drop-off area.

**MEET REGISTRATION** - Packets and numbers for pre-registered athletes can be picked up near the Finish Line. There is no day of the meet registration - only packet and bib number pickup.

**RESTROOMS** - Portable toilets will available near the starting line.

**TEAM AREAS** - Team tents may be set up on the hill near the start/finish area. Remember to bring camp chairs and a tarp if wet conditions are expected. Tents may be set up on Saturday November 12 between 2:00 p.m. and 4:00 p.m. in designated areas only as directed by site officials. Tents must be placed so as to not interfere with on-going course setup or equestrian activities.

**CONCESSIONS** - Hot and cold concessions will be available on the top of the hill behind the starting line and will include hot chocolate, coffee, fruit, hot dogs, hot dogs, chili and much more.

**T-SHIRTS** - Long sleeve performance t-shirts printed with the USATF and event logos will be sold adjacent to the concessions. The shirts are priced at \$15. Credit cards, cash and check will be accepted for purchases.

**CARRY-IN/CARRY-OUT** - All teams and spectators are asked to carry out any trash that they carry in. Please respect your opportunity to use the facility and properly dispose of any litter that you find.

**FIRST AID** - Athletic trainers will be stationed near the finish line. In the event of an emergency during the event, please call the site emergency number - **978-381-5382**.

**ATHLETES WITH SPECIAL NEEDS** - We ask that you provide the Meet Director or the on-site training/medical staff with appropriate information about athletes who have medical conditions or special needs that may require care during the event.

**EQUESTRIAN ACTIVITIES** - Riding/jumping demonstrations will be presented on the afternoon of November 13<sup>th</sup>.

**ALL OF THE BARN AND STABLE AREAS ARE OFF-LIMITS.**



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**About Freestyle Farm** - Freestyle Farm is a privately-owned, 300+ acre equestrian center located at 188 Mack Hill Road in the northern part of Amherst. The center provides facilities for the boarding and training of event horses and welcomes the public to visit and to participate in equestrian and other events. Freestyle Farm endeavors to maintain the rural character of Amherst through preservation of open space and the agricultural heritage of the town. Freestyle Farm is a private equestrian facility that is not open for use by the general public. With the recent acquisition of the 118 acre Hammond property new competition trails will be constructed over the next two years. This will allow for the addition of an 8k and 10k course. Event parking donations are being use to help defray the cost of trail construction.

### Freestyle Farm Parking Areas



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