

INFORMATION SHEET

USATF Region I Junior Olympic Cross Country Championship
Bryant University, Smithfield, Rhode Island
Sunday, November 20, 2005

For runners from Maine, Connecticut, Adirondack, Metropolitan, and Long Island associations

Event Management: USATF New England association, 617 566 7600, office@usatfne.org
Support by Sentinel Striders and National Championship

Entry fee and procedures: \$7.00 per individual.

All runners enter through the runners' home association. The association sends all entries to the New England office. Individuals at the various association meets must make their checks payable to their home associations. A single check or money order should come from each association with their entries and is to be made payable to USATF New England. Team roster forms filed at association meets carry through to Nationals. No changes will be made to those rosters.

Qualification Procedure: The top 3 teams and other individuals finishing in the top 25 at association meets qualify for the Region I meet. See Rule 305 (3) of the 2005 USATF Competition Rules Book.
Rules USATF rules apply unless superseded by Youth Athletics Handbook

Time Schedule:

Age group	Birth Year	Race Time	Distance
Bantam Girls	1995 and later	10:00 am	3K
Bantam Boys	1995 and later	10:30 am	3K
Midget Girls	1993-1994	11:00 am	3K
Midget Boys	1993-1994	11:30 am	3K
Youth Girls	1991-1992	12:00 pm	4K
Youth Boys	1991-1992	12:30 pm	4K
Intermediate Girls	1989-1990	1:00 pm	5K
Intermediate Boys	1989-1990	1:30 pm	5K
Young Women	1987-1988	2:00 pm	5K
Young Men	1987-1988	2:30 pm	5K

Results: Timing and scoring provided by USATF New England.

Official results will be posted 30 minutes after each race in the field house.

Results will also be posted at www.usatfne.org, www.rjoxc.com and www.coolrunning.com on race evening.

Awards: Individual race winners will receive a gold medal; runners-up will receive a silver medal, and places 3-20 will receive bronze medals. Medals will be handed out in the chute.

The first place teams will receive plaques (to be mailed after the event).

Hotels: The Comfort Suites and Marriott Fairfield in Smithfield RI are the closest to Bryant University. Rooms at those hotels are limited. You may wish to stay at the National Championships Headquarters Hotel, the Crowne Plaza in Warwick (easier ride for CT/LI/MAC), about 15 miles away. Phone numbers are below. Also see www.usatfne.org/jo

Concessions: Long sleeve t-shirts will be for sale at the meet, along with a variety of refreshments.

Referee: Laurie Boemker

Games Committee: Lance Turley Steve Vaitones Dan Hart

Jury of Appeals Jim Egan (ADIR), Ron Kelly (ME), Bill Mongovan (CT), John Martin (LI), and a rep from Metropolitan.

Protests: Written protests must be submitted to the Regional Coordinator, Bill Mongovan, within 30 minutes of the posting of the results. Should the matter be pursued further, a \$25.00 appeal fee shall accompany the appeal. The fee is returnable if the decision is reversed.

Medical: There will be a trainer and EMT at the meet.

Courses: The courses are located on the campus of Bryant University starting and finishing adjacent to the athletic center. The 3K, 4K, and 5K courses start in the same general area and finish at a common finish line. The course is mostly grass and packed trails, with several paved crossings.

Maps will be available and can also be found at www.rjoxc.com.

Course walks will be held at 3:00 pm on Saturday, November 19, and 8:30 a.m. on Sunday, November 20.

The starting area can handle about 100 on the front row; runners have over a 100 meter straightaway before the first turn. 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.

Directions to Bryant University: Can be found at www.bryant.edu and www.rjoxc.com

Registration/number pickup:

Saturday, November 19, 6:00-9:00 p.m. the Comfort Suites, 1010 Douglas Pike (same road as Bryant University).

Sunday, November 20, 8:30 a.m. to 1:30 p.m. at Bryant University in the Athletic Building

Coaches Meeting: Given the dwindling numbers attending in recent years, there will be no coaches' meeting. Questions should be directed to respective association youth chairmen, and information can be found online

National Championships:

Saturday, December 10, 2005 on the same course at Bryant.

The top three teams and other runners finishing in the top 20 qualify for and are eligible to compete at the national meet.

ALL entry and payment for the Nationals takes place at the Region I meet, and must be completed before leaving.

Please register as soon as possible after your race at your associations' table to avoid end of day crowds.

Be sure to complete all information and have the fee in cash or a check payable to USATF.

A complete summary of the National Championship can be found at www.rjoxc.com

Questions?

Contact USATF New England: office@usatfne.org 617-566-7600 or check www.usatfne.org/jo

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HOTEL INFO

Comfort Suites, Smithfield RI 401 231 6300 Rooms are limited

Fairfield Marriott, Smithfield RI 401 232 2400 Rooms are limited

The Crowne Plaza at the Crossings, Warwick RI

The Crowne Plaza, the host hotel for Nationals, is also available for the REGION I MEET.

The 2005 USATF National Junior Olympics Cross Country Championships has picked one of the very finest local hotels to be the Host Hotel

Easy interstate access to the course in Smithfield

Best Location for nationals - this hotel will have packet pick up, merchandise sales, and other activities.

Try it out on Region I weekend

Room Rate \$99 (Travelocity Preferred listed these rooms at \$189-\$217)

Rooms 266 oversized guest rooms (up to four in a room)

Hotel Contact Info: ID yourself as "Junior Olympics Cross Country Championships" or Code JRO

Direct Number to the Hotel: 401-732-6000 (Our contact, if any problems, is Sarah Prince)