

## Directions

### Entering Long Island from NYC.

Take the Long Island Expressway (I495) east to exit 53, or the Grand Central Pkwy/Northern Pkwy east to exit 45. Follow the signs for the Sagtikos Pkwy (aka Sunken Meadow Pkwy) north to the end. About 1 hour with no traffic.

### From the Bridgeport Ferry.

You will exit the ferry going west on Route 25A. Continue for 3.4 miles then go left on Nicolls Road (County Road 97). Continue on Nicolls for 9.3 miles and exit onto I 495 (Long Island Expressway) Westbound. You are entering the Expressway at exit 62 and you will take it to exit 53 Go to Sunken Meadow Pkwy N and follow into park.

### From the New London Ferry.

Go west on Rte 25 for about 7 miles. Bear left at fork to stay on 25. Continue about 24 miles and watch for Long Island Expressway. Then as above. About 90 minutes with no traffic.



### Participating Hotels

**Hampton Inn** – 680 Commack Road, Commack, NY 11725 – 800-564-2678. \$109 includes buffet breakfast. Rate held until Nov 8. Confirmation # 83563108. Closest to park.

**Hyatt Regency** – 1717 Motor Parkway, Hauppauge, NY 11788 – 631-784-1234. 150 rooms @ \$105. Rate good until Nov 13. **Great** rate for this exclusive property. Running trails on grounds.

**Holiday Inn** – 3845 Veterans Highway, Ronkonkoma, NY 11779–631-585-9500. 150 rooms @ \$99. Block code **T74**. Rate good until Nov 12. Closest to airport, free shuttle, rental car agencies in lobby.

**Melville Marriott** – 1350 Old Walt Whitman Road, Melville, NY 11747 – 631-673-4324. 40 rooms @\$145. Deadline Nov 10. Free shuttle to airport. Caters to business clientele.

### **For More Information**

**Call (516) 349-9157**

**P.O. Box 504**

**Old Bethpage, NY 11804**

**Fax (516) 349-9157**

**E-mail [trackjunkie@verizon.net](mailto:trackjunkie@verizon.net)**

**Web site: [long-island.usatf.org](http://long-island.usatf.org)**



**Junior Olympics**

**Cross Country**

**Region I  
Championships**

**November 18, 2007**

**Sunken Meadow  
State Park**

**Kings Park, NY**

## Age Group Info

Bantam – born 1997 and later.

Midget - 1995-1996

Youth – 1993-1994

Intermediate – 1991-1992

Young Men/Women – 1989-1990

**Nobody may move up or down!**

## **Entry Fees**

\$7.00 per athlete. All payments must come from your Association. If any Association has not paid prior to the start of the meet, **all entries** from that association will be scratched.

## Schedule

### Saturday

Course Walks: 2:00, 3:00, 4:00

Coaches Meeting: 4:30

### Sunday

Course Walk: 8:00. **No one** will be permitted on the course after 9:00.

Bantam Girls 3K – 10:00

Bantam Boys 3K – 10:30

Midget Girls 3K – 11:00

Midget Boys 3K – 11:30

Youth Girls 4K – 12:00

Youth Boys 4K – 12:30

Intermediate Girls 5K – 1:00

Intermediate Boys 5K – 1:30

Young Women 5K – 2:00

Young Men 5K – 2:30

## Important Stuff

Only multi-level entry forms will be used. These will be accepted from your association **only**. They are downloadable from USATF.org and Long-Island.USATF.org

Each association will receive entry procedure information. **No post entries.**

All entries must be “age verified.”

Each Association will have a “home tent” in the start/finish area for shelter, if required, and to leave warm-ups during the race.

The course is mostly unpaved and spikes are recommended.

On average, Long Island weather is the mildest in Region I. Severe weather is uncommon, but not impossible, in November. In 2001, the weather was hot and dry.

Useful information about accommodations, dining, attractions and weather on Long Island is available at [www.licvb.com](http://www.licvb.com).