



# USATF Adirondack Association

Presents

## 2016 Adirondack Association Junior Olympic Cross Country Championships

Saturday, November 5, 2016 – 12:00 p.m.

Saratoga Spa State Park, Saratoga Springs, NY

CourseWalk: All courses will be walked through at 11:00 a.m.



Revised  
9/21/16

**ELIGIBILITY** – All registrants must have a current USATF Adirondack membership and age verified\*\* to compete. If you are not a current USATF Adirondack member, please visit our web site at [www.usatfadir.org](http://www.usatfadir.org) to apply directly online for an immediate 2016 membership or to print a membership application to mail. Youth membership is \$20.00. **This meet is open to all youth who have not reached their 19th birthday prior to December 13, 2016** and who reside within the boundaries of USATF Adirondack Association.

### REGISTRATION & ENTRY FEES

Registrations for individuals and club teams are only accepted online at Athletic.net: [Click Here](#) - Registration opens October 4, 2016 at 9:00am  
- **Registration closes Thursday, November 3, 2016 at Noon**  
- Registration fee is \$10 (+ a minimal credit card processing fee)

### THERE IS NO REGISTRATION AFTER THIS DATE.

You can either compete as unattached (no club affiliation) or with a currently registered USATF Adirondack Club. Your USATF membership profile must state your club affiliation to be on that club's roster. Email [eventinfo@usatfadir.org](mailto:eventinfo@usatfadir.org) to update your profile.

### DAY OF MEET CHECK-IN begins at 10:00am

(Suggested to bring proof of online registration & payment)

### 11:00am Course walk through

### GROUPS & ORDER OF RACES\*

(Divisions determined by year of birth)

8 and under	2008 and later	12:00 pm	girls	2 km
8 and under	2008 and later	12:30 pm	boys	2 km
9-10 Div	2006-2007	1:00 pm	girls	3 km
9-10 Div	2006-2007	1:30 pm	boys	3 km
11-12 Div	2004-2005	2:00 pm	girls	3 km
11-12 Div	2004-2005	2:30 pm	boys	3 km
13-14 Div	2002-2003	3:00 pm	girls	4 km
13-14 Div	2002-2003	3:00 pm	boys	4 km
15-16 Div	2000-2001	3:00 pm	girls	5 km
15-16 Div	2000-2001	3:00 pm	boys	5 km
17-18 Div	1998-1999	3:00 pm	girls	5 km
17-18 Div	1998-1999	3:00 pm	boys	5 km

\* Based on the number of registered athletes for each age group, girls & boys races may be combined in the same age groups if small numbers of athletes are entered. A final race schedule will be available at check-in the morning of the race and posted on-line Friday, November 4th at [www.usatfadir.org](http://www.usatfadir.org).

### AWARDS

Championship medals will be given to the top ten (10) individuals in each age group. Gold (1st), Silver (2nd) and Bronze (3rd – 10th).

### TEAM COMPETITION (Competition Rule 305.3b&c apply)

Each team must have a minimum of 5 and maximum of 8 members per team. Although teams must be entered through the Athletic.net system during registration, all youth club coaches must submit a paper team declaration form by 11:30 a.m. on the day of the meet as the final team declaration. Paper team declaration forms [Click Here](#)

### REGIONAL COMPETITION

Sunday, November 20, 2016

Saratoga Spa State Park

Saratoga Springs, NY

Meet information is available at the Association website at

[www.usatfne.org/jo/](http://www.usatfne.org/jo/)

You must qualify in Association meet to participate at Region 1

### \*\* Age Verification Requirements:

All USATF members must provide proof of age to the Adirondack Assoc office. Required documentation for proof of age is a birth certificate or current passport.

Email document or photo to: [eventinfo@usatfadir.org](mailto:eventinfo@usatfadir.org).

**WAIVERS** - Some HS athletes may qualify for a waiver to pass on to the Region 1 meet if they are competing in a HS meet during the weekend of November 4th, 5th & 6th. Those requesting a waiver must register and pay for the Association Championship meet and then, prior to November 3rd, request a waiver from the Youth VP. (See contact info below) Waiver requests after this date will not be honored.

### NATIONAL COMPETITION

Saturday, December 10, 2016

Hoover, AL

The top 5 teams and top 30 individuals in each gender/age group from the Region I meet may advance to the National JOXC Championships. **(Competition Rule 305.3e applies)**  
Meet information is available at the USATF National website: [www.usatf.org](http://www.usatf.org)

### TUNE UP FOR THE JUNIOR OLYMPIC CHAMPIONSHIPS AT THESE OTHER LOCAL EVENTS!!

**10/30/16**—Saratoga Cross Country Classic & 2k & 3k Youth Developmental Cross Country Runs  
Saratoga Spa State Park, Saratoga Springs, NY

Please check the USATF Adirondack event calendar for any events which you may find useful as training events or warm-ups to the Junior Olympic Cross Country Championships.  
For meet information: [www.usatfadir.org](http://www.usatfadir.org)

Merchandise available for pre order. Pick up on meet day.  
Limited merchandise will be available for purchase day of meet.  
Sizes and quantities are not guaranteed day of meet.  
Pre-Order form: Coming Soon on our website

### JUNIOR OLYMPIC CONTACT INFORMATION

Youth VP: Samantha Vining - [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org)  
XC-Youth Chair : Molly Goodrich - [mbdgoodrich@gmail.com](mailto:mbdgoodrich@gmail.com)  
USATF Adirondack Association (518) 273-5552  
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