



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 October 25, 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 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.
- ⤴ 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
 Molly Goodrich, mbdgoodrich@gmail.com

Entry Information:

- ⤴ The Regional entry fee is \$15 per athlete.
- ⤴ Entries must be submitted online at www.athletic.net No other entry method
- ⤴ Entries close at NOON on November 16th
- ⤴ Late entries will not be accepted
- ⤴ Age verification must be submitted and processed by your association prior to the entry deadline,
- ⤴ 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
- ⤴ 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Rules: 2016 USATF Championship rules apply unless superseded by the 2016 USATF Youth Handbook.

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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	(2000-1998)	5K	2:00 pm
15-18 Boys	(2000-1998)	5K	2:30 pm

Results: Official results will be available 30 minutes after each race and will be posted on the shed behind the finish line. The results will also be posted online at: www.usatfadir.org, www.usatf.org and association web sites.

Awards: 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 Athletic Trainers on site during the meet.

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

Course walks will be held Saturday from 1:00-4:00 p.m. On Sunday, course walks begin at 8:00 am.

Parking: Follow directions and signs.

Concessions: A food concession will be located in the building near the tent area. Meet souvenirs including T-shirts will be on sale Saturday and on Sunday at the concessions area.

Number/Package Pick-up:

Saturday, November 19th: Saratoga State Park from **1:00pm to 4:00pm** and Saratoga Holiday Inn, Saratoga in the Back Stretch lobby from **5:00pm to 8:00pm.**
Sunday, November 20th at the Saratoga State **starting at 8:30am** in the Registration tent.

Team Tents:

A clearly marked area for team tents will be designated adjacent to the concessions building and the starting area. Set up is allowed only in this area.

No Dog Policy:

Do not bring dogs to the meet.
The only exception is for service animals.

Directions: Saratoga Spa State Park,
Saratoga Springs, NY

Saratoga Spa State Park
19 Roosevelt Dr.
Saratoga Springs, NY 12866
<http://www.nysparks.com/parks/saratogaspark>

For area hotel information visit: 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

Merchandise: Merchandise will be for sale on Saturday, Nov 19th from 1pm to 4pm at the State Park at time of Course Walk thorough and from 5pm to 8pm at the Host Hotel, Saratoga Holiday Inn. As well as Sunday, Nov 20th at the State Park during the meet.

CHECK OR CASH ONLY.