



## **USATF Adirondack Association Junior Olympic Cross Country Championship**

**Sunday, November 5, 2023**  
**Queensbury HS - Queensbury, NY**

**Meet Directors:** Molly Goodrich, John Pusateri - youth@adirondack.usatf.org

**Entry Information:** The Association entry fee is \$10 per athlete. Please follow the below link for online registration.

<https://www.athletic.net/CrossCountry/meet/234214/register>

**Entries will close November 4rd at 2:00pm** The registration fee must be paid online.

**\*\*\*PLEASE READ BELOW\*\*\***

**Valid 2023 USATF Membership and Age Verification is required for participation.** All age verification must be completed with the USATF National Office, the Adirondack Association cannot facilitate this process. Please call the National Office Customer Service Department with any questions (317) 261-0500

**\*\*\*This process must be completed prior to registration. Please give the National Office 5 days or more to process \*\*\***

\*\*\*Athletes who compete in the State High School or Collegiate Championship Series may be advanced into the USATF Regional Meet without competing at the Association meet **IF** their Association meet date is in conflict with their school competition. Conflict means both meets are held within 48 hours of the other. Any athlete who wishes to be granted a waiver to the Regional Junior Olympic Championship **must** register the athlete first, then email - youth@adirondack.usatf.org by Thursday, November 2nd, at 5:00pm, to request the waiver (Include name, date of birth, USATF member number, high school or college competition name). Once the waiver request is reviewed you will receive an email of acceptance or denial by November 3rd.

Please see Competition Rules for full explanation: <https://www.usatf.org/governance/rule-books>

**Qualification Information:** The top 5 teams and other 30 individuals finishing within their gender/age group are eligible to advance to the Region 1 Championship on November 19th at Queensbury HS - Queensbury, NY 12804. The Region 1 meet registration is only on Athletic.net and open once all Region 1 Association meets are final.

<https://www.athletic.net/CrossCountry/meet/234443/register>

**Teams:** Teams must represent current USATF member clubs; and athletes representing clubs must be registered members of said clubs prior to participation in their Association Championships. All members of the same club listed on the team declaration roster at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of Qualifications up to and including the National Championships as long as the team qualifies. In order to declare a team, a club must enter a minimum of 5 and a maximum of 8 athletes by the entry deadline. The composition of the team at each round can change if you submit a change form at the registration at packet pickup at least 2 hours prior to the race and any athlete changed must be listed on the declaration roster. A,B,C teams may be declared. All team members **must** wear matching tops.

**Rules:** 2023 USATF Competition rules apply. <https://www.usatf.org/governance/rule-books>

**Division and Year of Birth:**

**8 and Under Division** - 2015 and Later ( 2K )

**13-14 Division** - 2009-20010 ( 4K )

**9-10 Division** - 2013-2014 ( 3K )

**15-16 Division** - 2007-2008 ( 5K )

**11-12 Division** - 2011-2012 ( 3K )

**17-18 Division** - 2005-2006 ( 5K )

**Schedule of Events:**

8:30 Bib pick up Opens

12:00pm 3K (Girls 11-12 Division)

8:30am - 9:45am Course open for walk-through

12:30pm 3K (Boys 11-12 Division)

10:00am - 2K (Girls 8 & under)

1:00pm 4K (Girls 13-14 Division)

10:30am 2K (Boys 8 & under)

1:30pm 4K (Boys 13-14 Division)

11:00am 3K (Girls 9-10 Division)

2:00pm 5K (Girls 15-18 Division)

11:30am 3K (Boys 9-10 Division)

2:30pm 5K (Boys 15-18 Division)

\*\*\*Schedule subject to change so please arrive early. Games Committee may combine Divisions as necessary\*\*\*

**Results:** Results will be available after each race as soon as possible and will be posted on Athletic.net once meet becomes official. We will have hand timing for this event. Finishing order is based upon the athlete's body crossing the finish line and decided by the Judges and/or Officials in any close finish.

**Awards:** Association Medals will be awarded: 1st, 2nd and 3rd individuals and teams and Finisher Ribbons to remainder.

**Protests:** Protests must be submitted to a Games Committee member or the Referee within 60 minutes of posting of a race's results. The Meet Referee will make a decision. Appeals of the Referee's decision shall be made in writing within 30 minutes to the Jury of Appeals (which is constituted by the Games Committee) and shall be accompanied by a \$100 fee. The fee is returned if the decision is reversed.

**Meet Referee:** TBD

**Games Committee:** John Pusateri, Molly Goodrich, Bill Davis, John Deer, Kari Deer

**Course Description:** Course runs through a combination of grass and wooded groomed trails which can be somewhat muddy after heavy rain or snow. This is a spike preferred course. All race distances have been measured and are accurate within a small margin of error to be correct.

**Parking:** You must park in designated school lots and there will be no parking on the grass.

NO DOGS ARE ALLOWED ON THE COURSE TRAILS OR WITHIN THE REGISTRATION AREA

\*\*\* Please forward any questions to [youth@adironack.usatf](mailto:youth@adironack.usatf) \*\*\*