

# 2023 USATF Region 1 Junior Olympic Cross Country Championships

***Queensbury High School***  
409 Aviation Rd, Queensbury, NY 12804  
November 19, 2023

This information is of November 7, 2023  
Due to the time of year and typical weather conditions please watch for updates to the schedule and any information changes. We will email registered teams and unattached athletes of any changes.  
If you have any questions about the event, please email [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org)

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# **2023 Region 1 Junior Olympic Cross Country Championship Information**

Queensbury HS 409 Aviation Road, Queensbury, NY 12804

*November 19, 2023*

## **AGE GROUPS:** (Age as of December 31,2023)

Group 1:	8 and under	Born	(2015 or later)	2K
Group 2:	9-10 years old	Born	(2014-2013)	3K
Group 3:	11-12 years old	Born	(2012-2011)	3K
Group 4:	13-14 years old	Born	(2010-2009)	4K
Group 5:	15-16 years old	Born	(2008-2007)	5K
Group 6:	17-18 years old	Born	(2006-2005)	5K

- Athletes must be at least 7 years of age by December 31st, 2023 to compete at the Junior Olympic National Championship. Younger than 7 years old will not be scored at the Region 1 meet.
- For Team scoring only, Group 5 & 6 are grouped together and team members can be 15-18 years old. Individual qualifying and awards will still take place and be given for all 6 groups. See Rule 304.5

## **Games Committee:**

Molly Goodrich- Adirondack Association Youth Chair - Meet Director  
John Pusateri- Adirondack Association Treasurer - Meet Director  
Steve George - Adirondack Association Officials Chair  
Peter Crapsy - Region 1 Coordinator, New England Association Youth Chair  
Steve Vaitones - Managing Director New England Association  
Youth Representative from New York Association  
Youth Representative from Long Island Association  
Youth Representative from Maine Association  
Youth Representative from Connecticut Association

## **Junior Olympic Cross Country Rules**

Please review all USATF Competition rules found here: <https://www.usatf.org/governance/rule-books>

### **Directions to Queensbury High School**

Queensbury HS is located in the beautiful Adirondack Mountains just off Exit 19 on the Adirondack Northway I-87 and approximately 50 miles North of Albany. Travelers coming from the East or West will need to make their way to I-87

- Points heading North: North on I-87, Exit 19 and turn Left onto Aviation Road (Rt 254), HS is on the right 500 meters
- Points heading South: South on I-87, Exit 19 and turn Right onto Aviation Road (Rt 254), HS is on the right 300 meters

**\*\*\* GPS Location - 409 Aviation Road Queensbury, NY 12804\*\*\***

**Parking:** In designated parking lots only. NO PARKING ANYWHERE ON THE GRASS

### **Access to Region 1 Championship Facility:**

- 1) There is no admission charge
- 2) There is no charge for parking. All cars need to park in one of the school lots. There will be no roadside or grass parking and if so cars will be towed at the owner's expense.
- 3) The Queensbury Union Free School District and USATF Adirondack are not responsible for lost or stolen items.

### **Facility Rules:**

- Athletes may bring drinks and food onto the grounds; please, please remove all your trash.
- Tents are permitted in specific, designated areas on the grass and outside the running course boundaries. Please well secure them based on weather conditions
- There is no smoking, alcohol or pets allowed within the school grounds and will be strictly enforced.
- Portable toilets will be available for usage.
- The will be NO access to any of the school buildings

### **Qualifying for Region 1 Championships:**

- 1) The Following Associations compete in the Region 1 Championship: Adirondack, Connecticut, Long Island, Maine, New York, New England.
- 2) The Top 30 Boys & Girls in each age division at each Association Meet may advance to Region1.
- 3) The Top 5 scoring teams (minimum 5 maximum 8 runners) for Boys and Girls in each age division may advance to Region 1 - See Rule 304.5
- 4) Any waived athlete approved by an Association must be properly registered through Athletic.net
- 5) All entrants must be approved through an athlete's Association prior to the Association meet. There will be NO add-ins after the Association meets are completed.

### **Entry Procedure:**

- 1) All entries are through the online registration at Athletic.net -[register](#)
- 2) Entry closes Thursday, November 16, at 2:00 pm
- 3) LATE ENTRIES WILL NOT BE ACCEPTED

### **Entry Fees:**

\$15 per individual athlete plus system fees - Registration is through Athletic.net - Athletes may register individually through their own profile or with their team. Entry fee will be required to be paid at time of registration and there will be no refunds

**Waivers:** Only athletes that qualify per USATF Rule 306.1(e),(f) or (i) may be considered for advancement from the Association meet to the Regional meet or potentially the National meet. These requests must be made early, submitted to your Association Youth Chair and be processed prior to the Association meets. Please consult with your Associations Youth Chair for assistance. Regardless of advancement each athlete will need to be registered and paid starting with the Association and each Championship meet thereafter.

### **Check-In:**

- 1) Bib pick-up is at the Association Tent near the Finish area starting at 8:30am and remain open until 2:15pm
- 2) Each Association will receive a packet with Bibs and pins and then will be responsible for Bib distribution of their respective athletes and Clubs.
- 3) Unattached Athletes and Clubs - Please visit the Associations tent, see your own Association for Club and Unattached Bib pickup.
- 4) All athletes will have a bib number assigned to them in order to compete.
- 5) Athletes must wear only their own number and be securely pinned to the front of their uniform.
- 6) Lost or forgotten Bib numbers will result in a \$10.00 replacement fee for each number replaced.
- 7) Runners crossing the Finish Line without a Bib may be at risk of disqualification.

**Teams:**

A Team will consist of members from a registered USATF approved Member Club with each member being of the same age group and sex prior to participation in the Association meet. Only online registered Club members for an Association meet are eligible to be on a Team. A Team will have a minimum of 5 and a maximum of 8 runners. If a Club with more than 8 entries fails to declare a Team, the first 8 runners listed alphabetically on the Club roster, whether they run or not, will be considered their declared Team. Please submit your Team declarations or any changes at the Association Tent minimum 1 hour prior to the start of each race. Group 5 (15-16yrs) and Group 6 (17-18yrs) are combined for Team scoring.

**Coaches:**

Please make sure all of your athletes are dressed with their own Bib number on the front of their uniform and to the start line a minimum of 10 minutes prior to their race start. \*\*\*There will be no usage of any kind of ear pod for music or communication while competing. The exception will be approved legitimate hearing aids. If an athlete is caught with such device they will be disqualified from competition and not allowed further advancement.\*\*\*

**Athlete Flow/Starting Procedure:**

- 1) Athletes are to be at the start line a minimum of 10 minutes prior to the start of their race.
- 2) The Official Starter and Start Line Officials will give instructions at the line prior to start.
- 3) The Starter reserves the right to call a restart in the event of a fall or at their discretion.
- 4) Each Association will have a labeled assigned Starting Box that will change race to race.

**Awards:**

Awards will be available as the athletes exit the finish chute. Medals for 1st - 30th in each age group for boy and girls. Complete scoring Teams will receive 1st - 5th medals for each team member - max 8 after results are final.

**Results:**

Results printed and posted as soon as possible after the completion of events near the Finish area. Results will also be streamed on-line throughout the event.

Timing services provided by: <https://www.underdogtiming.com/>

**Protests:**

- 1) Protests must be submitted in writing within thirty (30) minutes after the results of an event are posted per rule 73. This time period will be strictly enforced.
- 2) There will be a \$100.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld.
- 3) Only violations of the USATF 2023 Rules of Competition may be protested.
- 4) Judgment calls made by meet Officials and Games Committee cannot be protested.
- 5) Protests that do not meet the above criteria will not be accepted.
- 6) The protest must be handed to either one of the Meet Directors or Head Official - John Pusateri, Molly Goodrich, Lee Townsend

### **Advancement to National Championships:**

- 1) The Top 30 Individuals at the Region 1 event for boys and girls in each age division
- 2) The Top 5 scoring teams at the Region 1 event for boys and girls in each age division.
- 3) Group 1 will be for 7 and 8 year olds only. \*\*\* No 6 year olds are allowed to compete at the National level as per USATF Rule 300.1 and will not be scored at the Region 1 meet.
- 4) Please refer to Rule 306.3

### **Medical:**

There will be qualified personnel available at all sessions of the Championships. Medical Staff who will handle injuries only will be located near the Finish area. There is no taping or massage available. All local first responders will be notified of our event and will be on stand-by.

WATER will be available at the Start and Finish area.

### **Concessions:**

Food and beverages vendor trucks will be available on site.

- 1) You may bring your own food and drink onto the HS grounds. Please take away all your trash or use provided trash barrels. No grills or fires.
- 2) When you leave, you must remove anything you brought in with you - carry in, carry out.
- 3) For your convenience, plastic trash bags and trash cans will be available throughout the facility for garbage disposal. Do NOT leave piles next too trash cans.

**Event Apparel:** Will be sold on site by FineDesign and they will have a tent set up near Finish area.

**Lost and Found:** Will be located at the Registration/Medical tent near the finish area.

**Lodging:** Queensbury has multiple Hotels and restaurants nearby the HS. USATF does not have any group discounts at any locations and each individual and teams will be responsible for their own accommodations and dining choices. Glens Falls and Lake George, two neighboring towns also have many choices. Here are a few listings.

- Home 2 Suites by Hilton - Queensbury - (518) 741-7600
- Baymont by Wyndham - Queensbury - (518) 793-7701
- Econo Lodge - (518) 793-3800
- Sleep Inn & Suites - Queensbury - (518) 955-3000
- Red Roof Inns - (518) 907-4348

# Schedule of Events

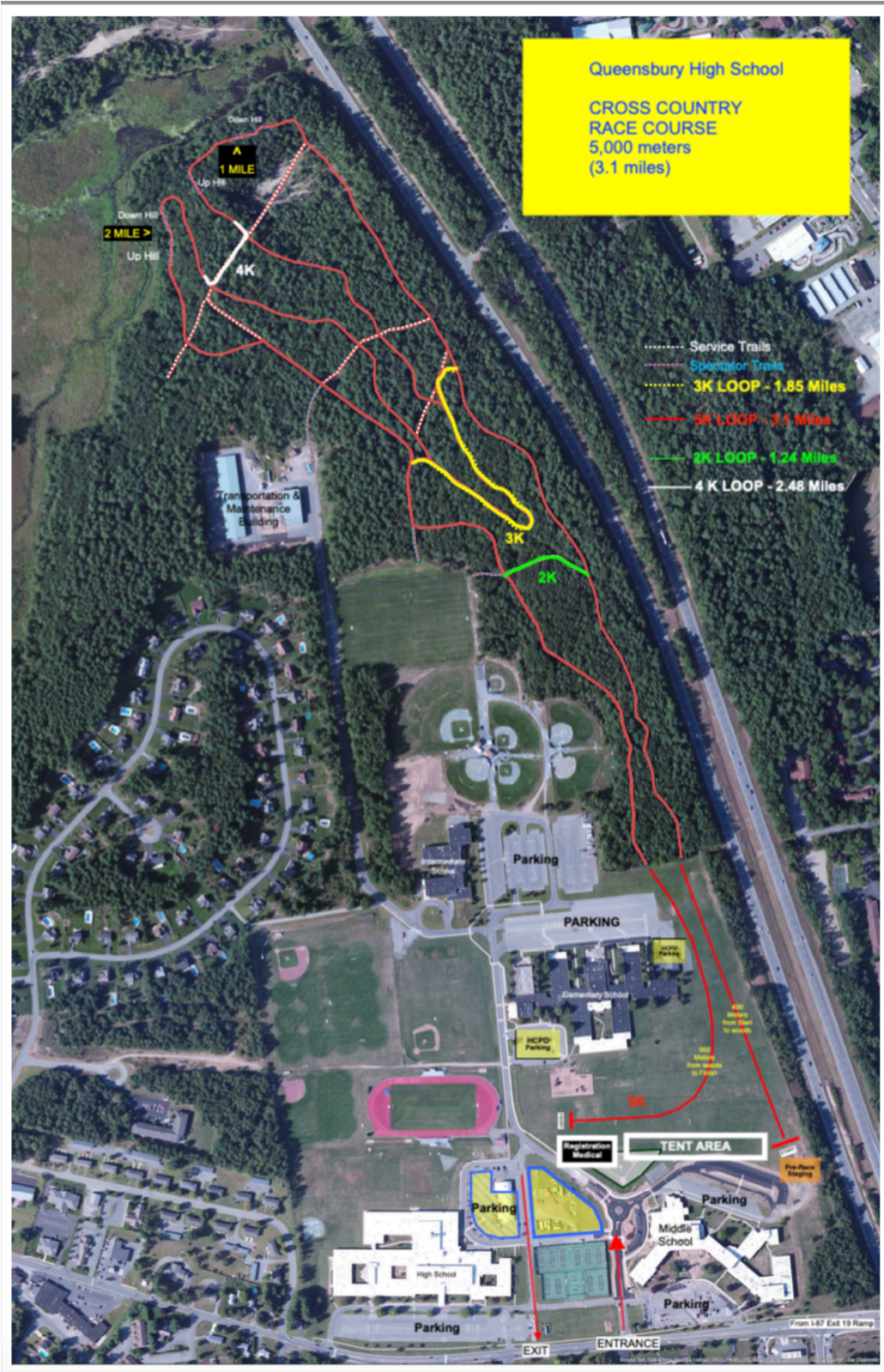
**Note:** The games committee reserves the right to alter the schedule at any moment for any reason and will do its very best to notify all athletes, coaches and parents of any schedule changes. Please plan to arrive ahead of your scheduled race times to be prepared for any changes.

## Sunday November 19th

7:30am - 9:45am	Course will be open for review on your own up until 9:45am
8:30am - 2:15pm	Bib Pick-Up open - at the Association Tent near finish area
10:00am	Group 1 Girls - 2K course
10:30am	Group 1 Boys - 2K course
11:00am	Group 2 Girls - 3K course
11:30am	Group 2 Boys - 3K course
12:00pm	Group 3 Girls - 3K course
12:30pm	Group 3 Boys - 3K course
1:00pm	Group 4 Girls - 4K course
1:30pm	Group 4 Boys - 4K course
2:00pm	Group 5 and 6 - Girls - 5K course
2:30pm	Group 5 and 6 - Boys - 5K course



# Course Maps:



**Questions:** Please forward questions via email to: [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org)