



2019 USATF Region 1 Junior Olympic Cross Country Championships

Sunday, November 24, 2019

Sunken Meadow State Park, Kings Park, NY

On-Time Entry Deadline: 11/20/2019 11:59:00 PM

Late Entry Deadline: 11/20/2019 11:59:00 PM

ELIGIBILITY

Only athletes/teams who qualified for this championship at the Adirondack, Connecticut, Long Island, Maine, New England or New York Association Championships are eligible to enter and compete in this event.

- **Individuals:** Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to registration and participation.
- **Teams:** Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National championships.

SCHEDULE/COURSE MAPS

| Divisions | Distance | Time |
|--|----------|-----------------------------------|
| 8 & under (born 2011+) | 2 km | Girls - 10:00am Boys - 10:20am |
| 9-10 (born 2009-2010) | 3 km | Girls - 10:40pm Boys - 11:05pm |
| 11-12 (born 2007-2008) | 3 km | Girls - 11:30pm Boys - 11:55pm |
| 13-14 (born 2005-2006) | 4 km | Girls - 12:20pm Boys - 12:45pm |
| 15-16 (born 2003–2004) 17-18 (born 2001-2002) | 5 km | Girls - 1:10pm Boys - 1:35pm |

As per Rule 300-1-c: Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. **This extended eligibility does not apply to cross country events.**

COURSE INSPECTIONS

Course inspection will begin Saturday, November 23 at 1:00pm
There will be no guided course walks

TENTS

Any tents larger than a 10x10 will need a tent permit. A tent permit can be obtained through the

Regional Permits Office at 631-321-3515

Park officials will work with you on the placement of the tents, so they don't impact any utilities.

10x10 pop up tents brought in by teams are not a problem, do not require a permit and can be set up in the designated area as long as they do not impact walkways.

TEAM SCORING

8 athletes on the team entry may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

COMPETITION BIB NUMBERS

All competitors must wear their assigned bib numbers during competition, **across their stomach, covering their belly button**, on the front of their jerseys.

EVENT RESULTS

During competition, event results will be posted online at elitefeats.com

Printed results will be posted at the packet pickup tent. Protests have to be made 30 minutes after posting.

Final results will be posted at long-island.usatf.org

AWARDS

USATF Junior Olympic medals will be awarded to the top 30 individuals in each age division. Medals to the top five teams (8 per team) in each division

ADVANCEMENTS TO NATIONALS

The top 30 individuals and top 5 teams in each age division will advance from the USATF Region 1 Championships to the National Championships, held on Saturday, December 14th in Madison, WI.

Click here for National information [Website](#)

ENTRY FEES & DEADLINES:

On-Time Deadline: Must be completed by 11/20/19 (11:59 PM)

Fee: \$15 per athlete.

Entry Form: [ENTER HERE](#) for Athletic.net (entry system will open on Nov.11)

ONLY ONLINE ENTRIES WILL BE ACCEPTED.

HOUSING

Holiday Inn Express
2050 Express Drive, Hauppauge NY 11788
631/348-1400

CONTACT

Alex Cuozzo president@longisland.usatf.org

DIRECTIONS

From the Southern State Parkway

Southern State Parkway East to Sagtikos Parkway North.
Sagtikos Parkway becomes Sunken Meadow Parkway and ends at Sunken Meadow Park.

From the Northern State Parkway

Northern Parkway to Exit 45. North on Sunken Meadow Parkway.
Stay on Sunken Meadow Parkway to Park.

From the LIE

Long Island Expressway to Exit 53. Service Road to Sunken Meadow Parkway North to Park.