



One Step Ahead

News and Notes

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December 2012

USATF-LI HOSTS REGION 1 JUNIOR OLYMPIC CHAMPIONSHIP

On Sunday, November 18th, USATF-Long Island played host to almost 1,000 youngsters from all over the Northeast competing in the 2012 Region 1 Junior Olympic Cross Country Championship at Eisenhower Park.

Even Hurricane Sandy could not keep the youngsters ranging in age from 8 to 18 from competing on the wonderfully fast cross country course at Eisenhower Park. The top twenty finishers in each age group will go on to compete at the National JO Cross Country Championship which will be held in Albuquerque, New Mexico in December.

Among those who qualified for the National Championships were the following Long Islanders: **Sub Bantam:** *Nicole Schwartz*; **Bantam:** *Lauryn Heskin, Kelb Bishop-Scioli, Joseph Stock*, **Midget:** *Catherine Farrell, Carole Fiordalisi, Ryan Heskin* **Young Men:** *Brian Benesch, Michael Puleio, Jigar Gosalia, Lawrence Vedilago, Kyle Smith, Robert Kelly and Jake MacAvoy.*

Two Long Island Teams stood out in the competition, *Team Sports Center* and *The Foundation Running Team.*

Congratulations to all of the winners and to all of the participants. Thanks go to Youth Chair, **Sheryl Hall** and Track & Field Chair, **Rich Degnan** along with Association President **Alex Cuozzo** and a large team of Certified Officials and Volunteers. Thanks also to Gary Westerfield for his accurate measuring and to **Nassau County Department of Parks, Recreations and Museums** for all their support and help.

The Start:



And the Awards:



INDOOR SEASON TO BEGIN

Be sure to save the dates for the great indoor meets which will be held once again at Suffolk Community College in Brentwood. These meets are open to athletes of all ages.

Friday, December 21
Sunday, Jan. 13 OR Friday, Jan. 18
Saturday, Feb. 9 – Association Championship
Youth, Open, Masters

Check our website for more details