



2015 USATF Niagara Association Junior Olympic Cross Country Championships

Sunday, November 8, 2015

Black Creek Park • 3835 Union Street • Chili, NY 14514

Age Divisions

Youth competitions take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for the 2015 competition year are as follows:

Age Division	Year of Birth
8 & Under	2007+*
9-10	2005-2006
11-12	2003-2004
13-14	2001-2002
15-16	1999-2000
17-18	1997-1998

* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

Schedule of Races

9:00 a.m. Packet pick-up Woodside Park Lodge
10:00 a.m. 8 & Under Girls/Boys (one race) - 2 km
10:20 a.m. 9-10 Girls/Boys (one race) - 3 km
10:40 a.m. 11-12 Girls/Boys (one race) - 3 km
11:00 a.m. 13-14 Girls/Boys (one race) - 4 km
11:20 a.m. 15-16 Boys/Girls and 17-18 Boys/Girls (one race) - 5 km
11:50 a.m. Awards Ceremony Woodside Park Lodge

Entry Information

Entry Fee: \$8 per individual (non-refundable)

Entry Deadline: Friday, November 6 at 4:59pm ET

Late and onsite entries will not be accepted for this competition.

★ [Enter Here](#) ★ All entries must be submitted online (entries will not be accepted by any other method)

Advancement To Regionals

See USATF [Competition Rule](#) 305.3 for specific rules on qualifying for the Regional and National Championships. Generally, the first 25 individual finishers and first three teams in each age division at the Niagara Association Championships will qualify for the Region 2 Championships. Contact your local association or regional meet director to learn more about how to qualify for the National Championships, or visit the [Junior Olympics Cross Country information page](#). Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the National Championships.

ADA Accommodations

USA Track & Field has specific procedures to be followed by disabled athletes wishing to compete in able-bodied competitions against able-bodied Athletics athletes. Please note that the disabled athlete must first meet the eligibility requirements applicable to the relevant competition, including having achieved the required qualifying standard, if any. The disabled athlete is responsible for initiating the ADA Accommodation Request procedures sufficiently in advance to enable USATF to complete its review and decision-making process prior to the relevant competition. Please see the [USATF "Policy & Procedures for Accommodation Requests Pursuant to the Americans with Disabilities Act"](#) for more information.

Awards

Individual awards will be given to the top 8 athletes in each event.

Team awards will be given to the top 3 teams in each age division.

The awards ceremony will be held at 11:50 a.m. at the Woodside Park Lodge

Protests

Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and not later than one hour after a result has been announced. Decisions of the Referee may be appealed within one hour to the Jury of Appeals. The fee to file an appeal to the Jury is \$100. This fee will be returned if your appeal is upheld. Please note USATF Rule 119.4 when considering the use of video /photo footage for protests.

Uniforms

Each competitor on a qualifying team must have a jersey or singlet that is basically identical in color and style to those worn by his/her teammates. The team jersey must be clearly visible throughout the race. This means the team jersey should be worn as the outside layer of clothing if other garments are worn during the race. Athletes who are unattached or who compete for a team not in team competition may wear any apparel as long as it is safe, not offensive, and has the athlete's bib number attached to the outside layer.

Drug Testing

Athletes who participate in this competition are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.

BE AWARE. BE INFORMED. BE ALERT. BE CLEAN.

BE ALERT - Knowing your rights and responsibilities may save you from making a mistake that could jeopardize your athletic career. The use of ALL dietary supplements is "at the athlete's own risk of committing a doping violation."

BE AWARE - Testing may take place at any time or after any round - preliminary, qualifying, or final - USADA typically selects place finishers and random athletes. Once notified, you will be

accompanied by a chaperone until you report to the Doping Control Station. Athletes must report to the Doping Control Station immediately after notification unless there is an approved reason for delay. Reasons for delay that will be considered include, but are not limited to, retrieving identification, attending an awards ceremony, locating an Athlete Representative, cooling down, media obligations and preparing for another event. If there is a valid reason for delay, inform the Notifying Chaperone so he/she can confirm with a Doping Control Officer.

BE CLEAN - Checking to see if the medication you take is allowed could be the difference between passing your test and serving a doping ban. A search on USADA's easy-to-use [Global Drug Reference Online](#)[™], or a quick call to USADA's Drug Reference Line[™] (1-800-233-0393), or a review of the [Therapeutic Use Exemption](#) procedure will help you understand if a medication is allowed or prohibited.

BE INFORMED - Watching [USADA's short testing video](#) will familiarize you with the drug testing process. When making travel arrangements please allow enough time for drug testing at the end of your event. This will include providing a sample and processing paperwork. The adjudication of anti-doping rule violations or refusals to test will be carried out by USADA. Athletes found to have committed a doping violation will be disciplined according to penalties specified by the World Anti-Doping Code and, if appropriate, applicable IAAF rules. Such penalties may result in a period of ineligibility as well as disqualification from the event.

The use of nutritional or dietary supplements is completely at the athlete's own risk - even if the supplement label says "approved" or "verified." USADA's drug reference resources DO NOT provide information about dietary supplements.