



2019 USATF Region 2 Junior Olympic Cross Country Championships

Date: Sunday, November 17, 2019

Location: Beaver Island St. Park – Grand Island, N.Y.
Park Area # 4

Course Walk: 8:00 AM

First Race: 9:00 AM

Host: USATF Niagara

Director: Izeal Bullock III

Email: youth@niagara.usatf.org

Website: www.niagara.usatf.org/2019Region2

ELIGIBILITY REQUIREMENTS

Individuals: All athletes must have qualified by competing in their Association Championships or in special cases via a waiver of entry. 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 at the first level of competition. 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.

ENTRY FEES & DEADLINES

Online registration only thru athletic.net.

- Only online entries will be accepted.
- All advancements/entry must be completed, paid for, and submitted online.
- The online entry system accepts most credit cards.
- Please validate data within Athletic.net for accuracy prior to submitting entry. Accuracy of data entered is the responsibility of each club and/or athlete.

Deadline: Must be completed by November 13; 11:00 PM (**NO LATE ENTRIES**)

Individual Fee: \$15.00 per athlete.

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SCHEDULE & AGE DIVISIONS:

YOUTH AGE DIVISON	Gender	Distance	Check-In	Race Start
8 & Under (born 2011+)	Girls Boys	2 km (1.24 miles)	8:30 AM 9:00 AM	Girls- 9:00 AM Boys- 9:30 AM
9 & 10 (born 2009-2010)	Girls Boys	3 km (1.86 miles)	9:30 AM 10:00 AM	Girls – 10:00 AM Boys – 10:30 AM
11 & 12 (born 2007-2008)	Girls Boys	3 km (1.86 miles)	10:30 AM 11:00 AM	Girls – 11:00 AM Boys – 11:30 AM
13 & 14 (born 2005–2006)	Girls Boys	4 km (2.48 miles)	11:30 AM 12:00 PM	Girls – 12:00 PM Boys – 12:30 PM
15 & 16 (born 2003–2004) 17 & 18 (born 2001-2002)	Girls Boys	5 km (3.1 miles)	12:30 PM 1:00 PM	Girls – 1:00 PM Boys – 1:30 PM

PACKET PICK-UP TIMES/LOCATIONS

Saturday, November 16 **5:00 PM to 7:00 PM** at Holiday Inn Express (**5 miles from Race Site**)
61 Long Road
Grand Island, New York 14072

Sunday, November 17 **7:00 AM** at Course Site: Beaver Island St. Prk. Area #4.

SATURDAY COURSE PREVIEW – THE COURSE WILL BE AVAILABLE ON SATURDAY

TEAM SCORING: Between 5 to 8 athletes on the team entry/declaration form 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, chest-high on the front of their jerseys. Bib numbers will be distributed at packet pickup.

EVENT RESULTS: During competition, event results will be posted onsite and then on the USATF Niagara website following the competition

AWARDS: USATF Junior Olympic medals will be awarded to the top thirty individuals in each age division. Top **30** individuals and top **5** teams in each age group advance from the USATF National Championships to at National on December 14, 2019 Yahara Hills Golf Course Madison, WI

ADVANCEMENTS

From Regional's to Nationals: The number of qualifiers from the Regional meets is fixed and no alternates may advance. Individuals finishing in the top 30 places and who are also members of the qualifying teams are not displaced so that additional finishers beyond thirtieth may not advance. **Any team may advance if it has five or more individuals placing in the top 30 in the Regional meet.** No team finishing beyond fifth place may advance based solely upon any of the first five teams' choosing not to advance to advance to the National on December 14, 2019 Yahara Hills Golf Course Madison, WI, <http://www.usatf.org/Events---Calendar/2019/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

- > 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 if 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.

DIRECTIONS & PARKING:

From Western New York I-90 E toward Buffalo and I-90 E Use the right 2 lanes to take exit 53 for I-190 toward Downtown Buffalo/Niagara Falls/ Take exit 18B toward Beaver Island/State Park/ Follow Beaver Island Pkwy/South Pkwy to your destination/ merge on to NY-324 E in Grand Island. Keep right to continue on Beaver Island Pkwy/South Pkwy/ Enter the traffic circle/ Proceed down Park Rd. Then follow signs directing you to the parking area.

From Western PA Take I-79 N/ Take exit 178A (94.1 mi) to merge onto I-90 E toward Buffalo and I-90 E Use the right 2 lanes to take exit 53 for I-190 toward Downtown Buffalo/Niagara Falls/ Take exit 18B toward Beaver Island/State Park/ Follow Beaver Island Pkwy/South Pkwy to your destination/ merge on to NY-324 E in Grand Island. Keep right to continue on Beaver Island Pkwy/South Pkwy/ Enter the traffic circle/ Proceed down Park Rd. Then follow signs directing you to the parking area.

From Eastern PA and NJ Follow I-476 N, I-81 N and I-90 W to NY-324 E in Grand Island. Take exit 18B from I-190 N/ Keep right to stay on US-1 S, follow signs for I-76 W/Valley Forge Merge onto I-76 W/ Take exit 331B to merge onto I-476 N toward Plymouth Mtg/ Keep left at the fork to stay on I-476 N/ Take the exit onto I-81 N toward Binghamton/ Keep right at the fork to stay on I-81 N/ Take the exit onto I-690W toward Fairgrounds/Baldwinsville/ Continue onto NY-690 N/ Take exit 1 to merge onto I-90 W/ Take exit 50 for I-290 toward Niagara Falls/ Continue onto I-290 W/ Use the right 2 lanes to take the Interstate 190 N exit toward Niagara Falls/ Merge onto I-190 N /Take exit 18B toward Beaver Island/State Park/ Follow Beaver Island Pkwy/South Pkwy Enter the traffic circle/ Proceed down Park Rd. Then follow signs directing you to the parking area.

From Rochester, NY Follow I-490 W, I-90 W and I-290 W to NY-324 E in Grand Island/ Take exit 18B toward Beaver Island/State Park/ Follow Beaver Island Pkwy/South Pkwy to your destination/ merge on to NY-324 E in Grand Island. Keep right to continue on Beaver Island Pkwy/South Pkwy/ Enter the traffic circle/ Proceed down Park Rd. Then follow signs directing you to the parking area.

From Syracuse, NY Take I-90 W to NY-324 E in Grand Island. Take exit 18B from I-190 N/ Take exit 18B toward Beaver Island/State Park/ Follow Beaver Island Pkwy/South Pkwy to your destination/ merge on to NY-324 E in Grand Island. Keep right to continue on Beaver Island Pkwy/South Pkwy/ Enter the traffic circle/ Proceed down Park Rd. Then follow signs directing you to the parking area.

HOTELS:

See meet website for list of hotels offering special rates