



USATF NEW JERSEY

JUNIOR OLYMPIC

Cross Country Championships

Sunday, November 7, 2010

Gloucester County College, Sewell, NJ



<u>AGE GROUPS</u>	<u>DISTANCE</u>	<u>START TIME</u>
Sub-Bantam born 2002 or later	1500 meters	First race goes off at 11:30am.
Bantam born 2000-2001	3km (1.86 miles)	All other races will follow upon conclusion of prior event.
Midget born 1998-1999	3km (1.86 miles)	
Youth born 1996-1997	4km (2.48 miles)	Course Walk at 10:30am
Intermediate born 1994-1995	5km (3.1 miles)	
Young M/W born 1992-1993	5km (3.1 miles)	
All ages based as of 12/31/10		

ELIGIBILITY REQUIREMENTS:

Individuals: Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. **All athletes must be 2010 USATF-NJ members in good standing.** Go to www.usatf.org to obtain a membership for \$20 (18 years and under). You must have a Visa card or use bank draft to pay for USATF membership.

Teams: Teams may enter more than 8 members in any age group but must declare 8 to score on a team. Top 5 runners will score. Each club may enter more than one team (A, B, C teams). All teams must be in registered USATF-NJ clubs. All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.

HOW TO ENTER THIS MEET: Entries only through online registration at www.usatfnj.org/cross/XC_Calendar.html. **Entry must be completed by Nov 1st. NO mail in or post registration.** Coaches can register team athletes. Unattached minor athletes (7-17) must have a parent or guardian register them. 18 year old unattached athletes may register themselves.

FEES, PRE-ENTRY ONLINE ONLY: \$6/Individual. VISA credit card only. **AGE GROUPS** determined by year of birth as above. Athletes who are still eighteen (18) years of age on the day of the National JO XC Championships (December 11th, 2010) shall be eligible to compete in through meet – as per USATF Rule 240 (1) (c).

PROOF OF AGE: All participants must provide proof of age. **No Exceptions.** All entrants who have not had their date of birth verified in their USATF-NJ membership must submit a non-returnable copy of their birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification to the NJ office by October 25th. Email scanned copies to services@usatfnj.org or mail a copy to USATF-NJ, PO Box 330, Boonton, NJ 07005. We cannot accept faxed copies.

AWARDS: USATF medals to top ten individuals in each age group. Patches to 1st overall & team champions in each age group.

ADVANCEMENTS: Top 25 individuals and top 4 teams in each age group will advance to the Region II Championships hosted by the Three Rivers Association in on November 21st: www.usatf.org/assoc/threerivers/. **All advancements must be completed and paid for online within 48-96 hours after the Association meet. The link to advance will be on the NJ website.** The National Championships will be held on December 11th, 2010 at Veterans Park, Hoover, Alabama. Information is available at www.usatf.org/events/2010/USATFJuniorOlympicXCChampionships/

DIRECTIONS: See back/second page.

CONTACT: John Boykin at 856-794-2170 or qstcnj@aol.com or go to www.usatfnj.org/youth

DIRECTIONS to Gloucester County College

From Central and North New Jersey

Take New Jersey Turnpike south to Interchange 4. Exit there onto Route 73 and follow signs 1/4 mile to Route 295 South. Remain on Route 295 for 10 miles, until it merges with Route 42 in Bellmawr. Move left onto Rt. 42 lanes, then follow Route 55 Directions to GCC Campus.

Alternate, if near Route 295 in Burlington or Mercer Counties: Take 295 South to Bellmawr (near exit 29) When it merges with Route 42, move left onto Route 42 lanes, then follow Route 55 Directions to GCC Campus.

From Route 55 (from Bellmawr)

Take Route 42 to Route 55 South for four miles to Exit 56-B (Route 47 North - Woodbury-Westville). Turn left at the first traffic light onto Bankbridge Road, then left at the first traffic light onto Tanyard Road. The third entrance on the left (just past Monongahela Junior School and the Gloucester County Institute of Technology (G.C.I.T.)) is GCC.

From Route 55 (from South)

Take Route 55 North toward Bellmawr-Camden. Take Exit 56A (Route 47 South). Go about one-half mile and make a right at the GCC sign just before the traffic light. Go right again at GCC-Sewell sign. Proceed one mile, then take the first right beyond the overpass into GCC.

East From Atlantic County

Take Atlantic City Expressway to Exit 44 Rt. 168 Sicklerville/Blackwood Road Right CR 705 1.5 miles; turn Left on Banboro/Blackwood Road Cr 603 1.3 miles; Turn Right Egg Harbor Road CR 603 .1 mile becomes Delsea Dr Rt 47 left then right onto Blackwood/Barnsboro Road CR 603 1.7miles; Right on Tanyard Road Cr 663 .7 mile.

From Toms River Area

West of Route 70 39.7 miles to Rt 295 South 8.9 miles toward Delaware Memorial Bridge; merge onto Rt 42 South toward Atlantic City; Merge Right onto RT 55 South (Exit 13) Glassboro/Vineland; Exit 56B Rt 47 Delsea Drive (2nd Exit on Rt55 South) 3 miles; Slight right of Rt 47 to Woodbury/Westville Road .1 mile; left on Bankbridge Road for .6 mile; Left on Tnyard Road CR 663 .9mile on the left.

From the Delaware Memorial Bridge

Take Route 295 North to Exit 11. Take Route 322 East for several miles to Route 45. Make a left onto Route 45 North. Follow for one mile to Breakneck Road (Route 603 -- Heritage's Dairy on the corner). Make a right onto 603 and follow to Tanyard Road (located just past the Wawa). Make a left onto Tanyard Road. GCC entrance will be on the right.

Alternate Directions: Take the New Jersey Turnpike north to Exit 2 and make a right onto 322 East. Follow directions above to the campus.