

2009 USATF Region 2 Junior Olympic
Cross Country Championships

Schedule:

Saturday, November 14, 2009

TBD - Packet Pickup and Coaches Meeting

Sunday, November 15, 2009

*8:00am - Packet Pickup at Pleasant Valley
Park*

8:30am - Course Walk

*10:00am - First race (see schedule inside
packet)*



www.usatfnj.org

Hosted by:
USA Track & Field
New Jersey Association
P. O. Box 330
Boonton, New Jersey 07005

Region 2
*(Niagara, Three-Rivers, Mid-Atlantic, &
New Jersey)*

Passport

(Official & Subject to Revision)
Version Control: August 2009 v1.4

**USA Track & Field
Junior Olympic
Cross Country
Championships**



**November 15, 2009
Pleasant Valley Park**

Basking Ridge, New Jersey
Hosted by USATF-NJ
www.usatfnj.org



Region 2 Championships

Event Management - USATF-NJ Association

Ben Campbell - Meet Director region2xc2009@yahoo.com

Tom Gerlach - Competition Director

Gerlach926@verizon.net

Colleen Dougherty - USATF-NJ Youth Chair

colleendougherty7@gmail.com

Meet Entry Information

The Regional entry fee is \$7 per athlete. Individuals must qualify and enter at their association meet following the rules for USATF advancement from respective Region 2 Association to this Region 2 Championship. **There are no exceptions to these rules.**

Qualification Information for this Meet

The top four (4) teams and individuals finishing in the top 25 at the association meet qualify for the Regional meet.

Athletes must have valid, age verified USATF Memberships.

Teams

Teams must represent current USATF Association member clubs: athletes representing clubs must be registered members of said clubs prior to participation in their Association Championships. All members of the same club listed on the team declaration roster at the Association Championships are eligible to compete on the club's team (minimum of five, maximum of eight) in the Regional and National Championships as long as the team qualifies.

National Advancement from Region 2 Meet

The National Advancement Fee is \$8.00 per Athlete CASH ONLY. Individuals that place in the Top 20 in each age/gender category and the Top 3 Teams will qualify to advance to the National Junior Olympic Cross Country Championships on Saturday December 12, 2009 at Rancho San Rafael Regional Park in Reno, Nevada.

All athletes that plan on running in the National Meet must complete the advancement paperwork and pay the entry fee before leaving the Region 2 Meet. There are no exceptions to these rules.

National Championship Meet

Information: <http://www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships/>

Championship Races

Rules

USATF rules apply.

Race Schedule (subject to change)

Age Group	Birth Year	Race Time	Distance
Sub-Bantam Girls	2001 and later	10:00am	2000m
Sub-Bantam Boys	2001 and later	10:15am	2000m
Bantam Girls	1999-2000	10:30am	3000m
Bantam Boys	1999-2000	10:50am	3000m
Midget Girls	1997-1998	11:10am	3000m
Midget Boys	1997-1998	11:30am	3000m
Youth Girls	1995-1996	11:50am	4000m
Youth Boys	1995-1996	12:10am	4000m
Intermediate Girls	1993-1994	12:30am	5000m
Intermediate Boys	1993-1994	TBA	5000m
Young Women	1991-1992	TBA	5000m
Young Men	1991-1992	TBA	5000m

Schedule time is approximate and is subject to change. Depending on the number of participating runners in the Intermediate and Young, races may be combined.

Results

Official results will be available 45 minutes after each race and posted at the registration area results bulletin board. The results will be posted at www.usatfnj.org under Youth Athletics

Awards

Junior Olympic Award Medals to the Top 20 athletes in each age division.

Protests

Protests must be submitted in writing to a member of the race registration table within 30 minutes after race results have been posted and shall be accompanied by a \$50 fee. The fee is refunded if the decision is reversed.

Medical

There will be medical personnel at the meet.

Course and Hotel Information

Pleasant Valley Park - Basking Ridge, New Jersey
www.bernards.org and www.tinyurl.com/mb2qtf

Course Information:

Course is primarily trail but does cross pavement and has paved pathways. Start and finish are approximately 100 meters from each other. The top portion of the course is spectator friendly. Most of the courses are 2 loops. There is ample parking.

Restrooms & Dressing Facilities:

Competitors should arrive at the course wearing running uniforms and sweats. Bathrooms will be located down the hill at the registration area.

FROM 287 - Take 287 to the Mt. Airy Road/Liberty Corner exit. (Also signs for the VA Hospital and USGA). This exit does not have a number. If you were heading north on 287 you will make a right onto Mt. Airy Road. If you were heading South on 287 you will take a left onto Mt. Airy Road. Stay on Mt. Airy Road and go to the second traffic light. (1st light, Lyons Road, 2nd light, Valley Road). Make a left onto Valley Road. Park will come up on your left past Lurline Drive. If you pass the VA golf course, you've gone too far!

FROM 78 EASTBOUND - Take 78 to exit 33 (Martinsville Road/VA Hospital). At end of ramp make a left at light onto Martinsville Road. (Make a right hand turn if you are westbound on 78). Continue on Martinsville Road, passing the Somerset Hills Hotel on your right. After the hotel, make a right at the second traffic light onto Valley Road. Park will come up on your left past Lurline Drive. If you pass the VA golf course, you've gone too far!

Race Headquarters & Accommodations

Approximately 1.0 Mile from Pleasant Valley Park

Race Headquarter Hotel and Guest Rooms are available for Reservation on or before November 6, 2009 and are reserved under USATF-NJ Association at:

Somerset Hills Hotel
200 Liberty Corner Road
Warren, NJ 07059
www.shh.com

P) 908-647-6700
T) 800-688-0700

This Area of New Jersey has many hotels centered between Basking Ridge NJ & Bridgewater NJ, with almost every major hotel chain represented within a 10 mile radius of Pleasant Valley Park.

Updated meet information will be posted on the USATF NJ Association Website, when available: www.usatfnj.org