



USATF Junior Olympic Region 1 Cross Country Championship
Sunday, November 21, 2010
Burrillville Middle School, Burrillville RI

Meet Director: Steve Vaitones-617-566-7600 (9am-7pm), office@usatfne.org

Entry Information: The Regional entry fee is \$10 per athlete. Individuals must enter using CoachO.com. Entry will be open Tues-Thurs, November 16-18 (18th until 5pm). The Regional fee must be paid online and is an entry fee, not a participation fee. All entrants must have submitted a signed waiver form at their association meet, which will be brought by the association rep to the Region I meet.

Qualification Information: The top three (3) teams and individuals finishing in the top 25 at their Association meet qualify for the Regional Championship.

Individuals who have received a waiver to bypass their association meet due to a scholastic championship race the same weekend as their association meet must submit their request, signed form, and fee to their association representative. All waivers will only be accepted through the association reps; no waivers should be submitted by athletes directly to the Region I meet management.

Teams: All teams are entered through CoachO. If a team has more than 8 runners, or multiple (A, B, etc) teams at the Region I meet, the final lists of scorers for each team (up to 8) must be declared by submitting, in writing, no later than 1 hour before the respective race. If a team with more than 8 entries fails to declare, the first 8 runners entered, in alphabetical order whether they run or not, will be considered their declared team. Declaration forms will be available at number pick-up.

Rules: 2010 USATF Championship rules apply unless superseded by the 2010 USATF Youth Athletics Handbook.

Race Schedule: Sunday, November 21, 2010

Bantam Girls	2000 & later	10:00am	3K
Bantam Boys	2000 & later	10:30am	3K
Midget Girls	1998-1999	11:00am	3K
Midget Boys	1998-1999	11:30am	3K
Youth Girls	1996-1997	12:00noon	4K
Youth Boys	1996-1997	12:30pm	4K
Intermediate Girls	1994-1995	1:00pm	5K
Intermediate Boys	1994-1995	1:30pm	5K
Young Women	1992-1993	2:00pm	5K
Young Men	1992-1993	2:30pm	5K

Starting positions will be assigned by Association. Follow the directions of the clerks.

Results: Official results will be available 30 minutes after each race and will be posted. The results will be posted on www.uastfne.org, www.coolrunning.com, www.usatf.org, www.CoachO.com, and all of the association web sites.

Awards: Medals are awarded to the top 15 in each race, plaques will be presented to winning teams.

Games Committee: Steve Vaitones, Jeff Kurbec, Joe Bennett

Jury of Appeals: Bill Mongovan and the Youth Chairs or their representative from each Association.

Meet Referee: Ron Boemker

Protests: Protests must be referred to the Meet Referee within 30 minutes of the end of the race. Appeals of the decision of the Meet Referee shall be made in writing within 30 minutes to the Jury of Appeals and shall be accompanied by a \$25 fee. The fee is returned if the decision is reversed.

Course: The course is located adjacent to Burrillville Middle School. The course consists of fields and trails in the woods. Spikes may be used. Maps can be found at www.usatfne.org/cross

Walks: Saturday 11/20, the course is open for review on Saturday from 12:00-4:00pm, with official guided walks at 1:30 and 3:00. Sunday's guided walks are at 8:00 a.m.(3k), 9:30 a.m.(4K), and 11:45 a.m.(5K)

Number/Package Pick-up: Saturday 1:00 - 4:00 pm in the tents at the school, and 7-10 pm at the Quality Inn, Smithfield. Sunday number pickup begins at 8 am in the school gym

Race souven

Medical: There will be an Athletic Trainer on site during the meet.

Parking: You will be directed where to park. Team vehicles carrying multiple athletes may have a special parking area. Please follow the directions of the volunteers as to where you should park.

Concessions: T-shirts and sweatshirts will be on sale on Saturday from 1:30 to 3:30 and all day Sunday in the gym. Food and drink concession will be available on Sunday

Directions to Burrillville Middle School: 2350 Broncos Highway, Burrillville RI
FROM RT 295

Take Exit 8B - Rt 7 North. Follow Rt 7 North past Bryant University (NOTE: After you pass Bryant University, you will pass two "forks" where roads branch off to the right. Both times, stay to your left on the main road following signs for Rt. 7.)

6.8 miles from the highway, you will reach a blinking light (Western Hotel on left/Sunoco on right). Stay to the right on Rt. 7. 1/4 mile later, you will reach a traffic light at the intersection of Rt. 102. Turn left and follow Rt. 102 South up hill to next traffic light. Burrillville Middle School will be on your right at the light.

FROM CENTRAL/WESTERN MASS. - RT 146 SOUTH

Mass Turnpike to Exit 10A - Rt. 146 South. Take the first exit after crossing into R.I., Rts 5/102 (Forestdale/Slatersville). Turn right off exit onto Rt. 102 (NOTE: Road will also be designated as Rt. 146A for the first mile). Straight on Rt. 102 for 4 miles from highway. Burrillville Middle School will be on your right at traffic light at top of hill.

FROM RT 146 NORTH

Follow Rt. 146 toward Worcester to exit for Rts. 5/102 (Forestdale/Slatersville). Turn right at end of ramp and you will quickly hit traffic light. Turn left at light onto Rt. 102 (NOTE: Road will also be designated as Rt. 146A for the first mile). Stay straight on Rt. 102

Hotels For Region 1 Junior Olympic Cross Country:

Several Hotels are located in Smithfield, about 7 miles from the course.

Special rates can be obtained at the headquarters, Quality Inn Smithfield.

Reservations are only taken weekdays during business hours. Ask for the Junior Olympic Cross Country rate.

Additional hotels can be found 25 minutes away in Providence.

A comprehensive hotel list will be found at www.usatfne.org/cross on Monday, November 8

A number of other hotels are located in Smithfield, the closest location, about 7 miles away.

Hotels are also available in Providence RI and Attleboro MA

National Junior Olympic Cross Country Championships: Hoover, Alabama, Saturday, December 11.

The top 3 clubs and other individual finishers in the top 20 in each race are eligible to advance to Nationals.

All National Registration must be done on CoachO.com.

Last updated: November 5.