



## **Local Organizing Committee**

### **USATF/Long Island:**

Our Local Organizing Committee (LOC) is composed of talented and experienced individuals who represent the multicultural inclusive membership of the Long Island Association. The Long Island Association enjoys a very close working relationship with the Nassau County government represented by County Executive **Edward P.**Mangano and Commissioner of Parks, Recreation & Museums Carnell Foskey.

The officers, board members, officials, club coaches and volunteers will plan and stage this entire event. The event strategy will be developed from our experienced and talented staff, which will put on a first class championship for Region One's best Youth club athletes.

#### **Meet Director-Alex J. Cuozzo**

President and LDR Chair: USATF-Long Island. 40 years of experience as an active athlete, certified coach, certified official and administrator. 30 years of Club coaching experience. 10 years of High School coaching experience. 30 years as Race Director of The Bellmore Striders Independence Day Run. 10 years as Race Director of USATF Long Island Association Cross Country Championship. 28 years attending US XC Nationals as active participant and/or coach. 12 years as a member of the USATF LDR Committee and Cross Country Council member.

#### **Assistant Meet Director-Sheryl Hall**

Youth Athletics Chair and Secretary: USATF-Long Island. 40 years of experience as an active athlete, certified coach, certified official and administrator. 5 years as Meet Director of The Bellmore Police Athletic League Spring Opener Track & Field Meet. 3 years as Meet Director of USATF-LI Youth XC Championships.

## Assistant Meet Director-Harry Penny

Vice President Elect and Track & Field Vice-Chair: USATF-Long Island. Over 40 years of Competitive, Coaching and Race Management experience in Cross Country, Track & Field and Road Racing. Head Coach Foundation Track Club and 2<sup>nd</sup> Wind Track Club. Assistant Coach Farmingdale HS. USATF– Elite Level Coach. Director of Track and Field at Foundation Running Camps. USATF Eastern Zonal Coach of the Year in 2007. Former All American in Cross Country and Track. NYSPHS Track & Field Official.

## **Assistant Meet Director-Richard Degnan**

Track & Field Chair: USATF-Long Island. 40 years of experience as an active athlete, certified coach, certified official and administrator. 16 years as Assistant Race Director of The Bellmore Striders Independence Day Run. 5 years as Head Boys Coach at Massapequa High School, 10 years as Coach of CW Post College. 8 years on the LEAD Staff of the New York State Empire Games, Meet Director of the Collegiate Track Conference Winter and Spring Championships, Member of the Nike NXN New York and Northeast Meet Management Team.





#### Food

Hundreds of restaurants, delicatessens, and food markets surround the local area and event site. The type of food varies greatly and is representative of the diverse Long Island community. A limited selection will be available on site.

### **Medical Management**

We will have a medical management tent (MMT) staffed by our Medical Director, Certified Athletic Trainers and Emergency Medical Technicians. The MMT will be equipped for general assistance and emergency intervention. The Nassau University Medical Center is located less than 800m-east from the event site.

#### **Officials**

The Long Island Association currently has **58** certified officials, **20** Master level and **12** National level. We anticipate this will be enough to serve this meet.

#### **Safety & Security**

We will utilize a layered security system. Eisenhower Park perimeter and internal road security will be maintained by the Nassau County Police (Motorized, Mounted and K-9 Units). Event site security will be maintained by the Nassau County Park Rangers (Motorized and Foot Units). Course marshals will be utilized throughout the course.

### **Transportation**

The Metropolitan Transit Authority operates train service throughout the local area. The Long Island Railroad's Westbury train station is located less than 1 mile from the event site, providing east and west service: Montauk Point to Penn Station (NYC). The Nassau Inter County Express (NICE) operates bus service throughout the local area. Bus routes are operated on the 3 major roads surrounding the event site (Hempstead Turnpike, Merrick Ave., & Old Country Road).

#### **Volunteers**

The Long Island Association has an extensive volunteer base currently in place. This volunteer base gives the association and its member clubs invaluable assistance throughout the year. Some of our most notable volunteer assisted events include: Run Like a Diva ½ Marathon 4,500+ participants, Long Island Marathon 5,000+ participants & Corporate Challenge 9,000+ participants.

## Weather

East Meadow Long Island has a temperate climate that is ideal for Cross Country in November. The historical average temperature for November 18<sup>th</sup> has been a high of 60 degrees F and an average low of 47 degrees F. The average November precipitation has been 4.3 inches. The average for November 18<sup>th</sup> has been .15 inches and the record has been 1.55 inches. The average wind has been 11 mph. Some parts of the course are sheltered from the wind by trees and bushes. (Source: The Weather Channel, weather.com)

## **Housing Assistance**

Jennifer Rothman Sales Manager of the Long Island Convention, Visitors Bureau and Sport Commission

330 Motor Parkway, Suite 203 Hauppauge, NY 11788 (631-951-3900 ext 320 Fax 631-951-3439) can provide additional housing assistance as needed. <u>jrothman@discoverlongisland.com</u> All services of the LICVB&SC are free of charge.





#### **Event Site**

The Eisenhower Park event site and course has been the staging area for 5 of our last 6 association cross-country championships. In addition, to numerous Nassau County High School Cross Country Championships.

**Dwight D. Eisenhower Park:** The centerpiece of the Nassau County Park system is a 930-acre open space parcel located in East Meadow, New York and consisting of three 18-hole golf courses, numerous ball fields and many acres of open space. The main entrance for our event will be the Merrick Ave. parking field #1 entrance. The event site has over 1,000 free parking spaces available. The main part of the championship course will be laid out as a 2 kilometer European style Cross Country loop. Odd distance races (3k & 5k) will complete a 1k loop first before continuing onto the 2k course. Course composition is 99% grass crossing two asphalt walkways during each circuit. Spikes are recommended. Primarily a flat and fast course, there is one significant elevation change of approximately 30 meters located in the middle of the loop. Cross-country flagging and cones will mark both sides of the course. In addition, snow fencing will secure the course at the finish area.

#### **Course Inspection**

Eisenhower Park is open to the public from dawn until dusk each day. The Championship course will be laid out and open for inspection beginning on Saturday November 17, 2012 at 1:00 PM.







Eisenhower Park East Meadow, NY

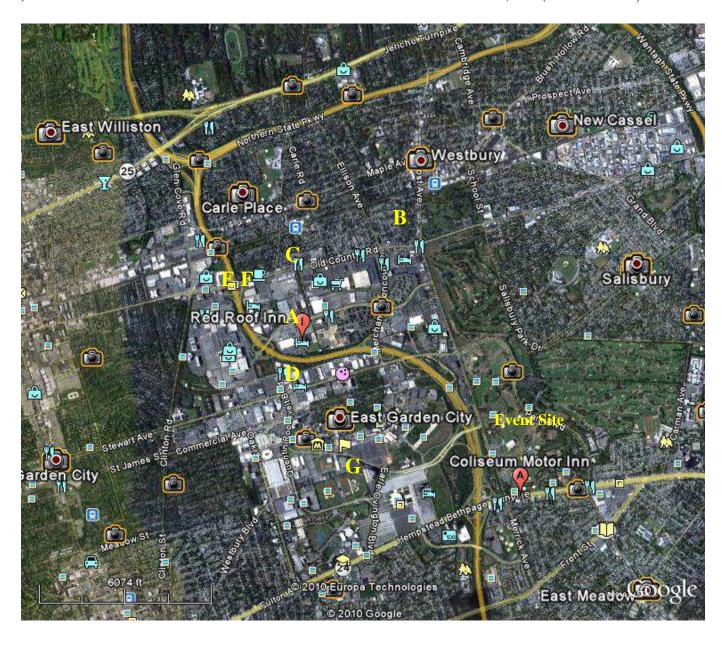






## Area hotels within 5 miles of race site:

- **A) Red Roof Inn:** 699 Dibblee Drive Westbury, NY 11590 (516-794-2555)
- **B) Hilton Garden Inn:** 1575 Privado Road Westbury, NY 11590 (516-683-8200)
- **C) Holiday Inn:** 369 Old Country Road Carle Place, NY 11514 (516-997-5000)
- **D) LaQuinta Inn:** 821 Stewart Ave. Garden City, NY 11530. (516-705-9000)
- **E) Hampton Inn:** 1 North Ave. Garden City, NY 11530 (516-27-2720)
- **F) Hyatt Place:** 5 North Ave. Garden City, NY 11530 (516-222-6277)
- **G)** Marriott Hotel and Conference Center: 101 Hotel Drive Uniondale, NY (516-794-3800).







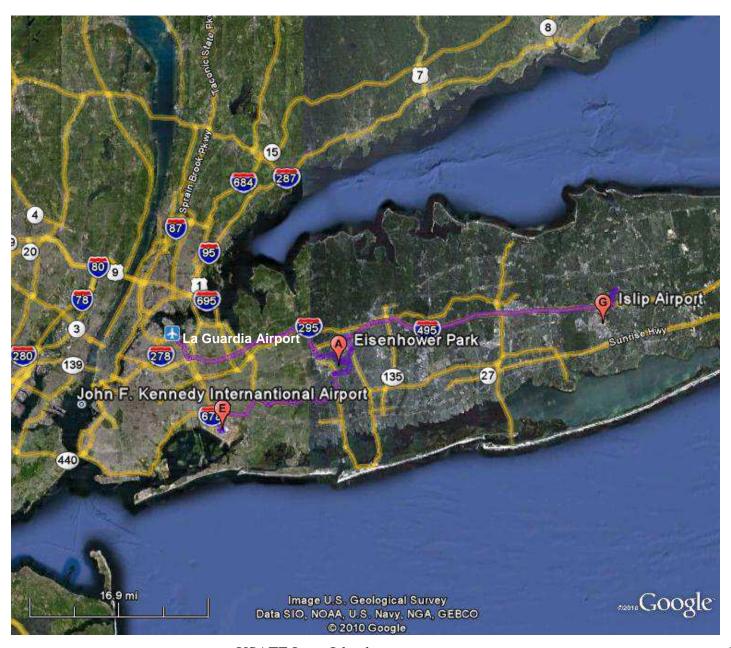
## **Air Travel**

Three major airports service the greater Long Island area. All major and regional airlines provide service into and out of the New York metropolitan area.

John F Kennedy (JFK) 21 miles (approximately 30 minutes) from event site.

La Guardia (LGA) 24 miles (approximately 31 minutes) from event site.

Long Island MacArthur (ISP) 31 miles (40 minutes) from event site.







### **Directions**

#### **Entering Long Island from NYC.**

Take the Long Island Expressway (I495) east to exit 38, or the Grand Central Pkwy/Northern Pkwy east to exit 27. Follow the signs for the Meadowbrook Pkwy south to Hempstead Turnpike east. Take Merrick Ave. north (left turn) then drive approximately 200m to park entrance at parking field #1.

#### From the Bridgeport Ferry, approximately 38 miles-52 minutes.

You will exit the ferry at 102 West Broadway Port Jefferson, NY 11777 going west on Route 25A. Continue for 3 miles then go onto Rout 112-Patchogue Road. Continue to Rout 347 West Nesconset Highway for 13.3 miles until you merge onto the Northern Parkway west. Continue west for approximately 6 miles until you reach the Wantagh Parkway south. Get off at Hempstead Turnpike west and drive approximately 2 miles to Merrick Ave north. The park entrance will be on your right side, parking field #1.

#### From Eastern Long Island.

Go west on the Long Island Expressway (I495) to Route 135-Seaford/Oyster Bay Expressway south. Then take Hempstead Turnpike west about 8 miles to Merrick Ave north approximately 200m. The park entrance will be on your right side, parking field #1.





## **Championship Program**

#### Saturday November 17, 2012

1:00 pm-until dusk race course is open for inspection.

3:00-5:00 pm-Pre-meet packet pick up at Eisenhower Park.

### Sunday November 18, 2012

### Race Day Program

07:30 am-Registration opens for Packet pick up at Eisenhower Park.

08:30 am-Course inspections end. Warm ups may continue alongside course, but outside markers and flagging.

09:00 am- Sub-bantam Girls 2k

09:30 am- Sub-bantam Boys 2k

10:00 am- Bantam Girls 3k

10:30 am- Bantam Boys 3k

11:00 am- Midget Girls 3k

11:30 am- Midget Boys 3k

12:00 pm- Youth Girls 4k

12:30 pm- **Youth Boys 4k** 

1:00 pm- **Intermediate Girls 5k** 

1:30 pm- Intermediate Boys 5k

2:00 pm- Young Women 5k

2:30 pm- **Young Men 5k** 



Starting times are approximate. Races may run behind or ahead as conditions change!

No athlete may move up or down in age group!

Awards will be presented to the top 20 finishers in all categories shortly after each race.

### **Souvenirs**

Special commemorative souvenir t-shirts and additional running related merchandise will be available for purchase through our event sponsors.





## **Entry Information**

Pre-Registration/Online registration only at: Website – <u>usatfusatfregistration.com/meet/entry/ny\_uasxcregion01/</u>

Registration will open November 5<sup>th</sup> and <u>closes</u> on November 14<sup>th</sup> at 4:30 pm. \$15.00 per athlete.

Each Association Youth Chair will receive entry procedure information.

#### Eligibility for the Regional meet:

- 1-Current year USATF membership.
- 2-Age verification by Association.
- 3-Finishing in the top 25 of the age group at the local Association meet.

Top three teams in each age group as per Youth rules.

## 2012 USATF National Junior Olympic Cross Country Championships

December 8, 2012

Balloon Fiesta Park, Albuquerque, NM



http://www.usatf.org/Events---Calendar/2012/2012-USATF-Natl-Jr-Olympic-Cross-Country-Chmps.aspx





## Sunday November 18, 2012

## Race Day Program

0730 hrs-Registration opens for Packet pick up at Eisenhower Park.

0830 hrs-Course inspections end. Warm ups may continue alongside course, but outside markers and flagging. Please <u>do not interfere</u> with other competitors.

0900 hrs- Sub-bantam Girls 2k

0930 hrs- **Sub-bantam Boys 2k** 

1000 hrs- Bantam Girls 3k

1030 hrs- **Bantam Boys 3k** 

1100 hrs- **Midget Girls 3k** 

1130 hrs- Midget Boys 3k

1200 hrs- Youth Girls 4k

1230 hrs- Youth Boys 4k

1300 hrs- **Intermediate Girls 5k** 

1330 hrs- Intermediate Boys 5k

1400 hrs- Young Women 5k

1430 hrs- Young Men 5k



## Starting times are approximate. Races may run behind or ahead as conditions change!

Coaches and Athletes are responsible to listen to announcements & report to starting area. Awards will be presented to the top 20 finishers in all categories shortly after each race.