

Local Hotels

Econo Lodge – 429 Duffy Ave Hicksville, NY 11801. 1-800-997-5149.

<u>Hampton Inn</u> – 1 North Ave, Garden City, NY 11530 – 516-227-2720.

Hilton Garden Inn –1575 Privado Road Westbury, NY 11590. 516-683-8200.

Holiday Inn – 369 Old Country Road, Carle Place, NY 11514–516-997-5000.

<u>Hyatt Place</u> – 5 North Ave, Garden City, NY 11530 – 516-222-6277.

LaQuinta Inn & Suites - 821 Stewart Ave. Garden City, NY 11530. 516-705-9000. Go to lq.com for full description.

Marriott Hotel & Conference Center 101 James Doolittle Blvd Uniondale, NY

101 James Doolittle Blvd Uniondale, NY 11553. 516-794-3800.

Red Roof Inn: – 699 Dibblee Drive, Westbury, NY 11590 – 516-794-2555.

Useful information about accommodations, dining, attractions and weather on Long Island is available at www.licvb.com 631-951-3900

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 Hwy for 13.3 miles until you merge onto the Northern Pwky west. Continue west for approximately 6 miles until you reach the Wantagh Pwky 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.



Junior Olympic
Cross Country

Region I Championships

November 18, 2012

Eisenhower Park

East Meadow, NY



www.long-island.usatf.org

Schedule

Saturday

Course Inspections after 1pm until dusk

Pre-race packet pickup 3:00 pm to 5:00 pm at race site.

Sunday

Registration/Packet pickup 7:30 am.

Course inspections dawn until 8:30 am. No one will be permitted on the course after 8:30 am. Warm ups may continue alongside course, but outside markers and flagging.

Sub-bantam Girls 2K	- 9:00 am
Sub-bantam Boys 2K	- 9:30 am
Bantam Girls 3K	– 10:00 am
Bantam Boys 3K	– 10:30 am
Midget Girls 3K	– 11:00 am
Midget Boys 3K	– 11:30 am
Youth Girls 4K	– 12:00 pm
Youth Boys 4K	– 12:30 pm
Intermediate Girls 5K	- 1:00 pm
Intermediate Boys 5K	- 1:30 pm
Young Women 5K	- 2:00 pm

-2:30 pm

Young Men 5K

Age Groups

Sub-Bantam	2004-2005
Bantam	2002-2003
Midget	2000-2001
Youth	1998-1999
Intermediate	1996-1997
Young Men/Women	1994-1995

No athlete may move up or down in age group!

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

Entry Information

\$15.00 per athlete.

Pre-Registration only! No post entries.

Online registration at:

usatfusatfregistration.com/meet/entry/ny usaxcregion01/

Registration opens November 5th and closes November 14th 4:30 pm.





Important Stuff

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 per age group as per Youth rules.

The course is 99% grass and spikes are recommended.

On average, Long Island weather is the mildest in Region I. Severe weather is uncommon, but not impossible, in November. On November 19 & 20, 2011, the weather was cool and dry.

For more information:

Call or fax (516) 349-9157 P.O. Box 504 Old Bethpage, NY 11804

E-mail: Sheryl Hall LITF Youth Chair shall@hallenconstruction.com

Web site: www.long-island.usatf.org

