



**USATF Junior Olympic Region 1 Cross Country Championship
Cony High School, Augusta, Maine**

Meet Director: Ron Kelly-207-883-2747(evenings), rkelly01@maine.rr.com

Entry Information: The Regional entry fee is \$10 per athlete. Individuals must enter at their Association meet, complete the entry form and turn into your Association Youth Chairperson, and pay the Regional fee. Association Youth Chairpersons from each Association will send their entries to Ron Kelly. All **Entry Forms** must include the **USATF membership number**. All entries must be stamped **age verified** or attached a **copy of birth certification**.

E-mail entries to rkelly01@maine.rr.com

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

Teams: All members of the same club must be listed on the Team Entry/Advancement and Declaration Roster form at the Association meet.

Team Scoring: Teams are required to declare their scoring runners. If they have more than 8 individuals listed on the team entry form, the top 8 must be declared 1 hour before the start of each race. If a team with more than 8 entries fails to declare, the first 8 runners listed on their team roster-whether they run or not-will be considered their declared team.

Rules: 2009 USATF Championship rules apply unless superseded by the 2009 USATF Youth Athletics Handbook.

Race Schedule:

Bantam Girls	1999 & later	10:00am	3K
Bantam Boys	1999 & later	10:30am	3K
Midget Girls	1997-1998	11:00am	3K
Midget Boys	1997-1998	11:30am	3K
Youth Girls	1995-1996	12:00noon	4K
Youth Boys	1995-1996	12:30pm	4K
Intermediate Girls	1993-1994	1:00pm	5K
Intermediate Boys	1993-1994	1:30pm	5K
Young Women	1991-1992	2:00pm	5K
Young Men	1991-1992	2:30pm	5K

Starting positions will be done by Associations Boxes

Results: Official results will be available 30 minutes after each race and will be posted. The results will be posted on www.meuastf.org, www.coolrunning.com, www.usatf.org, www.sub5.com, and all of the association web sites.

Awards: Medals are awarded to the top 20 in each race. Ribbons to all others that finish the race.

Games Committee: Marty Kahler, Marty Thornton, Valaree Foss

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

Meet Referee: Don Berry

Protests: Protests must be referred to the Meet Referee within 30 minutes of the end of the race. Appeals to 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.

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

Course: The course is located in back of Cony high school. The course consists of fields and trails in the woods. The courses will be challenging with hills. Spikes are recommended. Maps will be available and course walks will be held Saturday from 1:00-4:00pm. Sunday course walks will begin at 8:00am.

Number/Package Pick-up: Saturday from 1:00-5:00pm in the lobby of Cony High School. Sunday beginning at 8am number pick-up will be located in the Gym (enter door #3 or 4).

Concessions: T-shirts will be on sale Saturday and Sunday in the Main Lobby. Food will be available in the Food Court located at the main entrance.

Directions to Cony High School: Exit the Maine Turnpike at Portland and take I-295. From portland-52.6 miles. Merge onto I-95 and take Exit 109 for (ME17/ME100/US202/ME11) toward Augusta. While taking this exit, bare to the right. You are now on Western Ave. Visual marker is the Senator Hotel. Continue 1.5m to the Memorial Circle and take the 2nd exit onto ME100?ME17/Memorial Dr/US201. Continue over the bridge and at the next traffic circle(Cony Circle) take the 2nd exit onto Cony St/ME105. Travel up the hill and bear right at the top of the hill(you are remaining on Cony St). Continue to Pierce Drive with schools entrance on your left. The entrance is 1.1m from Cony Circle.

Hotels For Region 1 Junior Olympic Cross Country:

When making reservation-mention “**Junior Olympic Cross Country**” to get special rates and rooms reserved for you. Number of rooms listed are those under our block. Most have more rooms available.

Comfort Inn - 281 Civic Center Dr., 70 rooms-\$85+7% tax; 800-808-1188, 207-623-1000

Holiday Inn - 110 Community Dr., 101 rooms-\$85+7% tax; 877-863-4780, 207-622-4751

Senator Inn & Spa - 284 Western Ave., 31 rooms-\$99/\$129+7% tax: 877-772-2224, 207-622-3138

Econo Lodge Inn & Suites - 390 Western Ave., 40 rooms-\$59.99+7% tax; 207-622-6371

Fairfield Inn & Suites - 14 Anthony Ave., 81 rooms-\$85+7% tax; 207-623-2200

Super 8 Motel - 395 Western Ave., 49 rooms-\$65.88+tax; 626-2888

Motel 6 - 18 Edison Dr., 50 rooms-\$65.99+tax; 622-0000

Quality Inn & Suites - 65 Whitten Rd., 27 rooms-\$68+tax; 622-3776

National Junior Olympic Cross Country Championships: Reno, Nevada on Saturday, December 12. The top 20 finishers in and the top 3 clubs in each race will advance to Reno. **National Registration must be done before leaving the Regional meet.**

Additional information: Contact Ron Kelly-883-2747(eve) or e-mail: rkelly01@maine.rr.com