



USATF NEW JERSEY

# JUNIOR OLYMPIC

## Cross Country Championships

Sunday, November 3, 2013  
Deer Path Park, Flemington, NJ



<u>AGE GROUPS</u>		<u>DISTANCE</u>	<u>START TIME</u>
8 & under	born 2005 or later	2km (1.24 miles)	First race goes off at 11:30am.
9-10	born 2003-2004	3km (1.86 miles)	
11-12	born 2001-2002	3km (1.86 miles)	All other races will follow upon conclusion of prior event.
13-14	born 1999-2000	4km (2.48 miles)	
15-16	born 1997-1998	5km (3.1 miles)	
17-18	born 1995-1996	5km (3.1 miles)	Course Walk at 10:30am

All ages based as of 12/31/13

### ELIGIBILITY REQUIREMENTS:

**Individuals:** Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. **All athletes must be 2013 or 2014 USATF New Jersey members in good standing.** Go to [www.usatfnj.org](http://www.usatfnj.org) to obtain a membership for \$20.

**Teams:** Teams must declare at least 5 for a scoring team. Each club may enter more than one team (A, B, C teams). Top 5 runners will score on each team. All teams must be in registered USATF-NJ clubs. All athletes representing the club must be affiliated with and members of that club as part of their USATF-NJ membership.

**HOW TO ENTER THIS MEET:** Entries only through online registration at [www.usatfnj.org/cross/XC\\_Calendar.html](http://www.usatfnj.org/cross/XC_Calendar.html). **Entry deadline - October 29th at Noon. NO MAIL IN OR POST REGISTRATION.** Coaches can register team athletes. Unattached athletes (7-17) must have a parent/guardian register them. 18 year old unattached athletes may register themselves. Online waiver must be signed by the appropriate individual.

**FEES, PRE-ENTRY ONLINE ONLY:** \$8/Individual. **AGE GROUPS** determined by year of birth.

**PROOF OF AGE:** All participants must provide proof of age. **No Exceptions.** All entrants who have not had their date of birth verified in their USATF-NJ membership must email a copy of their birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification to the NJ office by October 23rd so the membership can be updated in time to enter the meet. Email scanned copies to [services@usatfnj.org](mailto:services@usatfnj.org). Mail in non-returnable copies must be sent to USATF-NJ, PO Box 330, Boonton, NJ 07005 and must arrive by October 23rd.

**AWARDS:** USATF medals to top 10 individuals in each age group. Patches to 1st overall & team champions in each age group.

**ADVANCEMENTS:** All individuals and teams that compete in the association meet are eligible to advance to the Region II Championships hosted by the Three Rivers Association on November 24th. **All advancements must be completed and paid for online after the NJ Association meet. The link to advance will be available from the NJ XC Calendar.** The National Championships will be held on December 14th, 2013 at the National Shooting Complex, San Antonio, Texas. Information is available at <http://www.usatf.org/Events---Calendar/2013/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx>

**DIRECTIONS:** See back/second page.

CHECK [WWW.USATFNJ.ORG/YOUTH](http://WWW.USATFNJ.ORG/YOUTH) for any updates.

CONTACT: Ben Campbell, [nj2012xc@yahoo.com](mailto:nj2012xc@yahoo.com); 732-500-7107 with meet questions or the USATF-NJ office at [services@usatfnj.org](mailto:services@usatfnj.org) with Membership questions

# Deer Path Park Information

**PHYSICAL LOCATION:** 120 WEST WOODSCHURCH ROAD, FLEMINGTON, NJ 08822

Please carpool and do NOT park on the grass at Deer Path Park to avoid being ticketed.

## **Course Information:**

Course is primarily grass and trails. The park is located on West Woodschurch between routes 523 and 31. Go past the YMCA complex and park down near the lake. There are indoor bathrooms available. This park is the site of Fall races for both high school and USATF-NJ cross-country events. There is a standard 5 kilometer route that traverses the park. All of the race distances will be partitioned from the standard 5K course.

## **Restrooms & Dressing Facilities:**

Competitors should arrive at the course wearing running uniforms and sweats. Bathrooms are located conveniently between the parking lots and the registration pavillion.

## **Directions:**

**From the Flemington circle:** (which is at Route 31 & Route 202) go North on Route 31 towards Clinton. After approx. 4 miles, turn Right onto W. Woodschurch Road. Park entrance will be on your right.

**From Route 78 West:** Merge onto 523 S at exit #24 toward Whitehouse. At Rt 22, go East for approx 1/4 mile, then turn Right to continue onto 523/Main St. Go just over 5 1/2 miles and then turn Right onto Woodschurch Rd. Turn Left onto W. Woodschurch Rd. The park entrance is on your left.

**From Route 78 East:** Exit 17 (NJ Route 31 South). Take 31 South for approx 6 miles to W. Woodschurch Rd. (All turns from right lane). Park entrance is on your right.