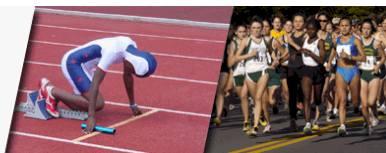


The Syracuse Chargers Track Club  
Presents the USATF Niagara Association



## Junior Olympic Cross Country Championships

Sunday, November 16, 2008 – 12:00 PM

Longbranch Park, Liverpool, NY

Course Walk at 11:15 a.m.

Entry forms are available at [www.syracusechargers.org](http://www.syracusechargers.org)

**Eligibility – All registrants must have a current USATF Niagara membership to compete.** If you are not a current USATF Niagara member, please visit the USATF Niagara Association web site at <http://www.usatf.org/membership> to apply online. Memberships will also be available on race day. This meet is open to all youth born in 1989 or later and who reside within the boundaries of USATF Niagara. All athletes and club teams advancing to Regional competition need to be registered in good standing with Niagara Association of USATF.

### Entry Fee

\$5.00 by November 9, 2008

\$10.00 race day

### Your entry must include:

- 1) entry fee: payable to the Syracuse Chargers Track Club
- 2) completed entry form (see attached form)
- 3) photocopy of birth certificate

### Mail your entry to:

Dr. Mark Driscoll  
1112 Meadowbrook Drive  
Syracuse, NY 13224

### Team Competition

Maximum 8 members per team, top 5 runners will score. All team members must be in the same age groups. Younger athletes may not move up. Clubs may enter more than one team. All clubs must be recognized and registered by November 6, 2008 with the USATF Niagara Association. Team rosters should be mailed or emailed to Dr. Mark Driscoll [mdriscol@syr.edu](mailto:mdriscol@syr.edu) by 5:00 PM November 6, 2008. Any roster changers are due at the registration table by 11:30 AM on race day. No roster changers will be made after 11:30 on race day.

**Directions:** From the south take I 81 north to Syracuse, merge onto I 690 west towards Fairgrounds/ Baldwinsville, at 7.6 miles take exit 4 John Glenn Boulevard, turn slight right onto John Glenn Blvd/CR-81 east, at 0.3 miles turn right onto Long Branch Road/CR-35, the park is on your left in about 0.5 miles. From the north, east and west take the NYS Thruway to exit 39 (I 690) east towards Syracuse/Fairgrounds, at 1.9 miles take exit 4 John Glenn Boulevard, stay straight onto John Glenn Blvd/CR-81, see above.

**There are no changing or shower facilities on site. Please come dressed to run.**

### Regional Competition

*Saturday, November 22, 2008--Liverpool, NY*

The top 25 finishers and top 3 teams in each age group will advance to the Regional Competition. **All athletes that plan on running at the Regional meet must state their intention at the Association meet. Birth certificate is required.**

Parents and athletes should be prepared to make their decision after the Association race.

### National Competition

*Saturday, December 13, 2008 – Mechanicsville, VA*

National JO XC competition will be held at Pole Green Park in Mechanicsville, VA. National information will be available at the Regional meet.

### Schedule of races

Sub Bantam*	2000 +	12:00#	b/g	2K
Bantam	1998 +	12:30	b/g	3K
Midget	1996-1997	12:30	b/g	3K
Youth	1994-1995	1:00	b/g	4K
Intermediate	1992-1993	1:30	b/g	5K
Young M/W	1990-1991	1:30	b/g	5K

\*You can not advance to the national meet as a Sub Bantam.

#May be included in the 12:30 races.

### For additional information please contact:

Dr. Mark Driscoll  
[mdriscol@syr.edu](mailto:mdriscol@syr.edu)  
315-470-6848 (work)  
315-449-9615 (home)  
315-470-6998 (fax)