

# **THE 2016 CONNECTICUT USATF JUNIOR OLYMPIC XC CHAMPIONSHIPS**

**Sunday, November 13 , 2016**

**White Memorial Foundation & Conservation Center, Litchfield**

**Hosted by the Litchfield Track Club and sanctioned by the USATF**

**Time:** Number pick-up starting at 8:00am at the Activity Shed. Course will be open for individual walks at this time. 2k,3k,4k and 5k maps available. Adult 5k race at 9:00 am.

**ENTRY PROCEDURE & FEES:** **Entry is ONLINE ONLY.** Club Administrators and Unattached Athletes should register online at **Athletic.net** **Entries close November 10 at 12:00 Noon.** Day of or late entries will not be allowed. An entry fee of \$6.00 must be paid online by the close of registration. USATF prefers VISA; electronic checks will also be accepted. Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

**No entries day of meet!**

All competitors must have a current USATF membership. This must be done on line at [www.usatf.org](http://www.usatf.org) before registering for the meet on Athletic.net. **You also need to verify the proof of birth by contacting the Connecticut membership chairman at 203-392-6508 (fax) or scan to [jwbarber0917@sbcglobal.net](mailto:jwbarber0917@sbcglobal.net). This must be done by November 7<sup>th</sup>!**

**AWARDS:** Medals given in each race to the top fifteen finishers.

**Advancement to Regional:** The top 30 individuals and top five teams advance to the region 1 meet. At Saratoga Springs SPA November 20, 2016.

**Advancement to National:** The top 30 individuals and top five teams advance from the Association meet to the National Championship in Hoover, Alabama December 10, 2016

**NOTE:** *IN THE 8 & UNDER DIVISION, ONLY 7 AND 8 YEAR OLDS CAN ADVANCE TO THE NATIONALS IN Hoover Alabama. SUB-7 YEAR OLDS CANNOT ADVANCE.*

**COURSES:** All four courses are run over trails. The 2k has one small hill at the 1k mark. The 3k is flat with one hill near the end. The 4k and 5k have a hill at the 1.5 mile mark with an elevation of 134'. Leaves, roots, deer, tree squeeks, and possible puddles or snow will be encountered.

**RACE SCHEDULE and Records: Races begin at 10:00 am in the following order:**

8 & Under GIRLS.....2007+.....10:00.....2k.....(8:59) DonNay Davis, New Haven ('13)  
8 & Under BOYS.....2007+.....10:30.....2k.....(7:54) Max Fujimori, New Haven ('12)  
9-10 GIRLS.....2005-06.....11:00.....3k.....(11:49) Danae Rivers, New Haven ('08)  
9-10 BOYS.....2005-06.....11:30.....3k.....(10:50) Kirian Haug, New Haven ('12)  
Azaan Dawson, New Haven ('13)  
11-12 GIRLS.....2003-04.....12:00.....3k.....(10:43) Angela Saidman, Wilton ('13)  
11-12 BOYS.....2003-04.....12:30.....3k.....(10:05) Matthew Remigino, Litchfield TC ('12)  
13-14 GIRLS.....2001-02.....1:00.....4k.....(15:32) Sabrina Olsen, Litchfield TC ('10)  
13-14 BOYS.....2001-02.....1:30.....4k.....(13:37) Brendan Murray, Unatt. ('14)  
15-16 GIRLS.....1999-00.....2:00.....5k.....(18:06) Kerri Lyons, Club CT. ('03)  
17-18 GIRLS.....1997-98.....2:00.....5k.....(17:18) Samantha Glass, Litchfield TC ('13)  
15-16 BOYS.....1999-00.....2:30.....5k.....(15:24) Michael Berkowitz, Unatt. ('05)  
17-18 BOYS .....1997-98.....2:30.....5k.....(15:08) Daniel Schumacher, Unatt. ('14)

**STUFF:** Long-sleeve shirts for sale in the Activity Shed. Litchfield Lions Club will sell breakfast and lunch items in the Shed or at the finish line, weather permitting.

**DIRECTIONS:** WMF is off route 202 between Litchfield and Bantam via Route 8 North to exit 42. Route 118 to Litchfield and Route 202. WMF 2 miles on left.

**PARKING:** All parking will be in the Sawmill Field behind the starting line. No parking on roads or trails. No exceptions. Parking at the Activity Shed for officials only!