

**THE 2017 CONNECTICUT USATF JUNIOR OLYMPIC XC
CHAMPIONSHIPS**

Sunday, November 12 , 2017

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:am.

ENTRY PROCEDURE & FEES: Entry is **ONLINE ONLY** at Athletic.net for **\$6.00**. Complete all information on the the online form. **No entries day of meet!**

USATF: All competitors must have a current USATF membership. This must be done online at www.usatf.org before registering for the meet on coacho. You also need to verify the proof of birth by contacting the Connecticut membership chairman at jwbarber0917@sbcglobal.net. **DEADLINE FOR PROOF OF BIRTH VERIFICATION SUBMISSION IS MIDNIGHT, NOVEMBER 5, 2017.**

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!

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

8 & Under GIRLS.....2009+.....10:00.....2k.....(8:49) Barbara Mallory, Unatt. ('16)

8 & Under BOYS.....2009+.....10:30.....2k.....(7:39) Samuel Duffy, Litchfield TC ('16)

9-10 GIRLS.....2007-08.....11:00.....3k.....(11:49) Danae Rivers, New Haven ('08)

9-10 BOYS.....2007-08.....11:30.....3k.....(10:50) Kirian Haug, New Haven ('12)

Azaan Dawson, New Haven ('13)

11-12 GIRLS.....2005-06.....12:00.....3k.....(10:43) Angela Saidman, Wilton ('13)

11-12 BOYS.....2005-06.....12:30.....3k.....(10:05) Matthew Remigino, Litchfield TC ('12)

13-14 GIRLS.....2003-04.....1:00.....4k.....(15:32) Sabrina Olsen, Litchfield TC ('10)

13-14 BOYS.....2003-04.....1:30.....4k.....(13:37) Brendan Murray, Unatt. ('14)

Robert Cozean, Litchfield TC ('16)

15-16 GIRLS.....2001-02.....2:00.....5k.....(18:06) Kerri Lyons, Club CT. ('03)

17-18 GIRLS.....1999-00.....2:00.....5k.....(17:18) Samantha Glass, Litchfield TC ('13)

15-16 BOYS.....2001-02.....2:30.....5k.....(15:15) Brendan Murray, Unatt. ('16)

17-18 BOYS1999-00.....2:30.....5k.....(15:08) Daniel Schumacher, Unatt. ('14)

AWARDS: Medals given in each race to the **top ten finishers**. Ribbons to all participants. **TOP 30 INDIVIDUALS AND TOP FIVE TEAMS ADVANCE TO THE REGION 1 MEET** in SMITHFIELD, RI, on November 19, 2017.

NOTE: **IN THE 8 & UNDER DIVISION, ONLY 7 AND 8 YEAR OLDS CAN ADVANCE TO THE NATIONALS IN Tallahassee, Florida. 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.

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.