

# THE 2023 USATF CONNECTICUT ASSOCIATION JUNIOR OLYMPIC XC CHAMPIONSHIPS

Sunday, November 12, 2023

White Memorial Foundation & Conservation Center, Litchfield

Hosted by the Litchfield Track Club and sanctioned by USATF Sanction 147076

TIME: Number pick-up starting at 8:00 AM at the Activity Shed. Courses 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 for JO meet is ONLINE ONLY at [athletic.net](#). Entry Fee is \$8.00. Complete all information on the online form. There are no JO entries on the day of meet!

ENTRIES OPEN: SEPTEMBER 10, 2023 AT 8:00 PM

ENTRIES CLOSE: NOVEMBER 9, 2023 AT 10:00 AM

USATF: All competitors must have a current USATF Connecticut age-verified membership. If needed, this must be done online at [usatf.org](#) before registering for the meet at [athletic.net](#). All entries must have had their ages verified by National Office prior to registration.

DATE OF BIRTH VERIFICATION POLICY: (Revised 4-21) USATF Championships require that event registrants shall be date-of-birth verified. **Members are required to upload/submit their birthdate verification documents while completing their membership profile on the USATF Connect system.**

DOCUMENT SUBMISSION DEADLINE: **Documents submitted for birthdate verification will be processed within five (5) business days of submission (excluding holidays). It is the responsibility of the registrant to assure submission in a timely manner to meet entry deadlines.**

HOW TO SUBMIT DOCUMENTS: Birthdate verification documents must be uploaded through **USATF Connect**. If you are experiencing trouble uploading these documents, please contact the USATF National Office for assistance. Be advised that birthdate verification documents will not be accepted or uploaded by the National Office. Procedures for uploading these documents in the USATF Connect system must be adhered to and there will be no exceptions. Documents sent to the National Office will be returned and the verification will not be processed.

If a document is illegible it will be invalidated and will not be processed. Invalidated documents will not result in an extension of the submission deadline. No extension will be granted for invalidated documents that require re-submission. The processing period will remain in effect. Birthdate verification documents will remain a permanent part of the member profile and will not require re-submission.

## ACCEPTED DOCUMENTS

Accepted verification documents include copy of Birth Certificate, Passport, Certified Baptismal Record, Driver's License, or U.S. Government Issued Identification.

**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.....2015+.....10:00.....2k.....(8:49) Barbara Mallory, Unatt. ('16)  
8 & Under BOYS.....2015+.....10:30.....2k.....(7:39) Samuel Duffy, Litchfield TC ('16)  
9-10 GIRLS.....2013-14.....11:00.....3k.....(11:49) Danae Rivers, New Haven ('08)  
9-10 BOYS.....2013-14.....11:30.....3k.....(10:50) Kirian Haug, New Haven ('12)  
Azaan Dawson, New Haven ('13)  
11-12 GIRLS.....2011-12.....12:00.....3k.....(10:43) Angela Saidman, Wilton ('13)  
11-12 BOYS.....2011-12.....12:30.....3k.....(10:05) Matthew Remigino, Litchfield TC ('12)  
13-14 GIRLS.....2009-10.....1:00.....4k.....(15:32) Sabrina Olsen, Litchfield TC ('10)  
13-14 BOYS.....2009-10.....1:30.....4k.....(13:37) Brendan Murray, Unatt. ('14)  
Robert Cozean, Litchfield TC ('16)  
15-16 GIRLS.....2007-08.....2:00.....5k.....(18:06) Kerri Lyons, Club CT. ('03)  
17-18 GIRLS.....2005-06.....2:00.....5k.....(17:18) Samantha Glass, Litchfield TC ('13)  
15-16 BOYS.....2007-08.....2:30.....5k.....(15:15) Brendan Murray, Unatt. ('16)  
17-18 BOYS.....2005-06.....2:30.....5k.....(15:08) Daniel Schumacher, Unatt. ('14)

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

**ADVANCEMENT:** The top 5 teams and the top 30 individuals from the Association meet qualify for [Region 1](#). Being held November 19 at Queensbury NY High School north of Albany NY. The [National Championships](#) will be held at Tom Sawyer Park in Louisville KY on December 9. The top 5 teams and the top 30 individuals from the Region 1 meet qualify for the National Championship.

**WAIVERS:** Those unable to compete in the Association meet may apply for a waiver. Those applying must register on [athletic.net](http://athletic.net) prior to November 8. Waivers will be granted based on available space. **NOTE:** IN THE 8 & UNDER DIVISION, ONLY 7 AND 8 YEAR OLDS CAN PARTICIPATE IN THE NATIONALS. SUB-7 YEAR OLDS CANNOT.

**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 squeaks, and possible puddles or snow will be encountered. COURSE MAPS CAN BE SEEN AT [usatf-ct.org](http://usatf-ct.org).

**STUFF:** Long-sleeve shirts may be for sale in the Activity Shed. Masks are required while in the shed.

**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.

**Information:** Irving Fox [danburyhatterstrackxc@gmail.com](mailto:danburyhatterstrackxc@gmail.com) or  
Dave Driscoll [fuman43@peoplepc.com](mailto:fuman43@peoplepc.com)