

# COACHES AND ATHLETES INFORMATION PACKET

EDITION 1—OCTOBER 21, 2013

## EDITION 1

### Special points of interest:

- TOP 30 INDIVIDUALS AND TOP 5 TEAMS FROM EACH ASSOCIATION MEET ADVANCE TO THE REGION 1 CHAMPIONSHIPS
- ENTRIES ARE DUE BY NOVEMBER 19TH AT 11:59AM
- RESERVE YOUR HOTEL ROOMS EARLY
- TOP 30 INDIVIDUALS AND TOP 5 TEAM ADVANCE TO THE NATIONAL CHAMPIONSHIPS .

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**JUNIOR OLYMPIC**

**REGION**

**CROSS COUNTRY**

**1**

**CHAMPIONSHIPS**

**2013**

# BOWDOIN PARK

**85 SHEADE ROAD**

**WAPPINGERS FALLS, NY 12590**

### 2013 Highlights

**Athlete Pasta Party featuring guest speaker Mary Cain to be held on Saturday, November 23rd.**

**Community 5K for parents, coaches, and spectators will take place on 3:15pm on November 24th.**

**Entry fee \$10 per runner**

# ABOUT

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## USA TRACK & FIELD NEW YORK

USATF New York is the local association of USA Track & Field, Inc. covering the geographic area of the state of New York south of and including Sullivan, Orange, and Dutchess counties, with the exception of Suffolk and Nassau counties.

The mission of USATF New York is to provide vision and leadership to the sport of Athletics in the geographic area described above, and to support USATF's mission to drive competitive excellence and popular engagement in the sport

## BOWDOIN PARK

**Bowdoin Park** is a picturesque 301 acre park located on the banks of the Hudson River in the Town of Poughkeepsie, NY on Sheafe Road. **Scenic views**, open areas for **picnicking**, and an award-winning **handicapped-accessible playground area** are just the beginning of what Bowdoin Park has to offer. stroll along our 4+ miles of well maintained trails. View the wetland areas from the two built-in boardwalks and observe the wildlife undisturbed or just sit on a bench and enjoy the beauty of the park.

## DIRECTIONS TO BOWDOIN PARK

### **From the Beacon Newburgh Bridge:**

Immediately after paying toll at bridge, you'll find the ramp for Route 9D on the right. Take the ramp and at the light make a left onto Route 9D. Proceed on Route 9D for approximately 4 miles until you arrive at the hamlet of Hughsonville (There is a four way intersection with a traffic light. There is also a Metro North sign for New Hamburg). Make a left at the light onto New Hamburg Rd./County Route 28. Proceed on this road for approximately 1 mile. At the end of Route 28, make a right turn onto Main Street. Proceed up the hill, where Main Street becomes Channingville Road, and shortly after the firehouse and deli on the left is Sheafe Road. Turn left onto Sheafe Road and proceed for approximately 1 mile to the Bowdoin Park entrance on the left.

### **From the Mid-Hudson Bridge and Route 9 South:**

From Route 9W, come across the Mid-Hudson Bridge and take the ramp on the right immediately after leaving the bridge, this is for Route 9 South. Stay on Rt. 9 South for approximately 6 miles until you see the Bonefish Grill Restaurant on your right. Just after the restaurant take the next right (see green sign for Bowdoin Park) onto Sheafe Road. At the stop sign (approximately ½ mile down), bear right and proceed another 2 1/2 miles on Sheafe Road. The entrance for Bowdoin Park is on the right just after Chapel.

### **From Route 84 Fishkill – Route 9 North Exit 13:**

Take Exit 13N (Rt. 9) from I84. From light at exit, proceed approximately 9 miles north on Route 9 to traffic light just beyond the Poughkeepsie Galleria Mall (get in far LEFT lane.) At light (Rt. 9 & Spring Rd.) you will make a left onto Post Road (Hudson Motors is on left) and go to bottom of hill to stop sign. At stop sign make a left onto Sheafe Road. Follow Sheafe Road for about 2 ½ miles to Bowdoin Park's entrance on right just after Chapel.

# 2013 JUNIOR OLYMPIC REGION 1 CHAMPIONSHIPS

November 23rd & 24th Schedule of Events

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## Saturday, November 23rd

2:00 p.m.	Course Walk Through
4:00 p.m.	Packets Available at Meet Head Quarters
5:30 p.m.	Doors Open for Pasta Party
6:00 p.m.	Pasta Party Begins
6:30 p.m.	Packet Pick-up Ends
6:45 p.m.	Guest Speaker—Mary Cain
8:00 p.m.	Pasta Dinner Ends

## Sunday, November 24th

8:00 a.m.	Packet Pick-Up Opens at Race Site
8:30 a.m.	Course Walk Through
<b>9:45 a.m.</b>	<b>Boys 2,000m Run (7-8)</b>
<b>10:05 a.m.</b>	<b>Girls 2,000m Run (7-8)</b>
<b>10:35 a.m.</b>	<b>Boys 3,000m Run (9-10)</b>
<b>11:00 a.m.</b>	<b>Girls 3,000m Run (9-10)</b>
<b>11:25 a.m.</b>	<b>Boys 3,000m Run (11-12)</b>
<b>11:50 a.m.</b>	<b>Girls 3,000m Run (11-12)</b>
<b>12:15 p.m.</b>	<b>Boys 4,000m Run (13-14)</b>
<b>12:45 p.m.</b>	<b>Girls 4,000m Run (13-14)</b>
<b>1:15 p.m.</b>	<b>Boys 5,000m Run (15-16)</b>
<b>1:45 p.m.</b>	<b>Girls 5,000m Run (15-16)</b>
<b>2:15 p.m.</b>	<b>Boys 5,000m Run (17-18)</b>
<b>2:45 p.m.</b>	<b>Girls 5,000m Run (17-18)</b>
<b>3:15 p.m.</b>	<b><i>*Community 5K Race "USATF New York Runs North"</i></b>

\*Entry for the community 5K can be found by visiting [www.newyork.usatf.org](http://www.newyork.usatf.org) and clicking the regional logo.

# 2013 JUNIOR OLYMPIC REGION 1 CHAMPIONSHIPS

## QUALIFYING FOR REGIONALS AND ENTRY PROCEDURE

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- THE FOLLOWING ASSOCIATIONS ARE ELIGIBLE FOR THE REGION 1 CHAMPIONSHIP; ADIRONDACK, CONNECTICUT, LONG ISLAND, MAINE, NEWYORK, AND NEW ENGLAND
- THE TOP 20 INDIVIDUAL BOYS AND GIRLS AND TOP 3 BOYS AND GIRLS TEAMS IN EACH DIVISION WILL ADVANCE TO THE NATIONAL CHAMPIONSHIPS
- ENTRY FEE'S WILL BE \$15.00 PER ATHLETE
- ALL ENTRIES MUST BE SUBMITTED ONLINE AT [www.coacho.com](http://www.coacho.com)
- ENTRIES WILL OPEN ON NOVEMBER 1ST AND CLOSE ON NOVEMBER 20TH AT 11:59AM
- LATE ENTRIES WILL NOT BE ACCEPTED
- ALL AGE VERIFICATIONS MUST BE SUBMITTED AND PROCESSED BY YOUR ASSOCIATION PRIOR TO THE ENTRY DEADLINE OF NOVEMBER 20TH
- POLE ASSIGNMENTS WILL BE MADE AVAILABLE BY NOVEMBER 22ND AT 6:00PM AND POSTED ON [WWW.NEWYORK.USATF.ORG](http://WWW.NEWYORK.USATF.ORG) AND THEY WILL BE POSTED AT THE HOTEL

## ADVANCEMENT TO NATIONALS

- THE TOP 30 INDIVIDUAL BOYS AND GIRLS AND TOP 5 BOYS AND GIRLS TEAMS IN EACH DIVISION WILL ADVANCE TO THE NATIONAL CHAMPIONSHIPS.

## IMPORTANT INFORMATION FOR ATHLETES AND COACHES

- PROTESTS ARE PERMITTED TO BE FILED UP TO 30 MINUTES AFTER THE RESULTS HAVE BEEN POSTED. ALL PROTESTS MUST BE FILED WITH A \$25 PROTEST FEE WHICH IS REFUNDABLE IF THE PROTEST IS UPHELD.
- A \$25 LOST BIB NUMBER FEE WILL BE CHARGED FOR ALL LOST BIB NUMBERS
- THERE WILL BE A PARKING FEE OF \$2.00 PER CAR ENTERING BOWDOIN PARK
- A COACHES SOCIAL WILL BE HELD AT THE RAMADA INN ON SATURDAY, NOVEMBER 23RD AT 9PM

## PACKET PICK-UP

PACKET PICK-UP WILL TAKE PLACE AT THE RAMADA INN SATURDAY, NOVEMBER 23RD FROM 4:00 P.M. - 6:30 P.M. AND WILL RESUME ON SUNDAY, NOVEMBER 24TH AT BOWDOIN PARK STARTING AT 8:00 A.M.

## HOTELS

**MEET HEADQUARTERS** WILL BE THE RAMADA INN AND CONFERENCE CENTER LOCATED AT 542 RAMADA INN, ROUTE 9 FISHKILL, NY. THE USATF ROOM BLOCK IS CURRENTLY BEING HELD AT \$84.00 PLUS TAX PER NIGHT. 1-845-896-6281 (site of pasta party)

ADDITIONAL HOTELS;

DAYS INN, 20 SCHULER ROAD (200M FROM THE RAMADA INN) \$79.00 PER NIGHT

HOLIDAY INN, 21 SCHULER ROAD (600M FROM THE RAMADA INN) \$98-\$110 PER NIGHT

# 2013 JUNIOR OLYMPIC REGION 1 CHAMPIONSHIPS

## ATHLETE FLOW / CLERKING PROCEDURES

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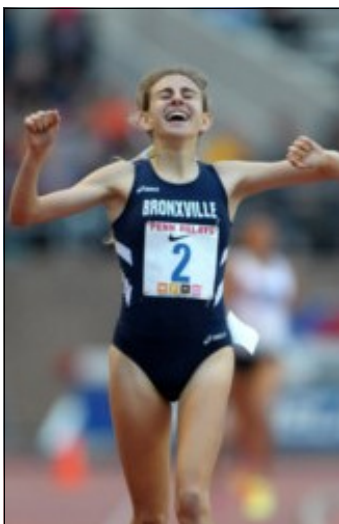
- ATHLETES WILL BE PERMITTED TO WARM-UP ON THE COURSE PRIOR TO 9:15AM. ONCE THE COURSE CLOSES ATHLETES WILL BE ASKED TO STAY OFF THE COURSE TO AVOID INTERFERING WITH RACES.
- FOR ALL RACES FIRST CALL WILL BE MADE 45 MINUTES PRIOR TO THE EVENT. AT THIS TIME ALL ATHLETES ARE TO REPORT TO THE CLERK OF THE COURSE. A LAST CALL WILL BE MADE 30 MINUTES PRIOR AND 20 MINUTES PRIOR TO THE SCHEDULE START TIME THE EVENT WILL CLOSE
- ATHLETES ARE NOT PERMITTED TO LEAVE THE CLERKING AREA ONCE THE FINAL CALL HAS BEEN MADE WITHOUT PERMISSION OF THE HEAD CLERK OR HEAD OFFICIAL AND MUST BE ESCORTED BY A OFFICIAL OR MARSHALL.

## ATHLETE PASTA PARTY WITH GUEST SPEAKER MARY CAIN!

WE ARE PLEASED TO ANNOUNCE THAT USATF NEW YORK WILL BE HOSTING A PASTA PARTY ON SATURDAY, NOVEMBER 23RD FEATURING GUEST SPEAKER AND HOME TOWN HERO MARY CAIN. TICKETS FOR THE JUNIOR OLYMPIC REGION 1 CHAMPIONSHIP PASTA PARTY CAN BE PURCHASED FOR \$14.75 (AGES 4-17 ) AND \$25.00 (AGES 18+ ) PLEASE VISIT THE FOLLOWING WEBSITE; <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=102061> **TICKETS MUST BE PURCHASED BY WEDNESDAY, NOVEMBER 20TH AT 11:59PM est.**

DINNER INCLUDES SALADS, PASTA, MEATBALLS, BREAD, DESSERT, ICE TEA, AND WATER. ALSO, GREAT ATHLETE GIVEAWAYS ALONG WITH GUEST SPEAKER MARY CAIN!

## ABOUT MARY CAIN



Mary Cain has achieved a lifetime of track accolades at only 17-years-old. Cain first burst onto the national scene in 2012 as she climbed up the all-time lists and set a Penn Relays record, USA Junior record and earned a spot to compete in the Olympic Trials. In the fall of 2012 Cain began training under coach Alberto Salazar and competing independently of her high school. Cain demolished the record books during the 2013 indoor season with three races that set six indoor records. During the 2013 outdoor season, Cain set five records in three races and went on to become the youngest ever runner in the final of the women's 1500m at the World Championships, where she went on to finish 10th. Cain was a competitive swimmer for several years before focusing solely on track in the ninth grade. Personal Bests 800m 1:59.51 and 1,500m 4:04.62

# 2013 JUNIOR OLYMPIC REGION 1 CHAMPIONSHIPS

## RESULTS AND SOCIAL MEDIA PAGES

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- RESULTS FOR THE 2013 REGION 1 CHAMPIONSHIPS CAN BE FOUND BY VISITING; [WWW.NEWYORK.USATF.ORG](http://WWW.NEWYORK.USATF.ORG)
- FULL RESULTS WILL BE POSTED IMMEDIATELY FOLLOWING THE FINAL RACE.
- RESULTS WILL BE POSTED BY THE AWARDS AREA 15 MINUTES FOLLOWING EACH RACE.
- PHOTOS AND VIDEOS OF THE EVENT CAN BE FOUND BY VISITING THE USATF NEW YORK FACEBOOK PAGE

## MEDICAL STAFF

- MEDICAL STAFFING WILL BE LOCATED IN A TENT PAST THE FINISH LINE AND WILL BE MARKED ACCORDINGLY.
- WATER WILL BE AVAILABLE FOR THE ATHLETES AT THE FINISHLINE FOR ATHLETES FINISHING RACES
- AED WILL BE AVAILABLE AT THE MEDICAL TENT AND AT THE FINISH LINE

## SPONSORSHIP OPPORTUNITIES

MARKETING OPPORTUNITIES ARE AVAILABLE FOR THE USATF JUNIOR OLYMPIC REGION 1 CHAMPIONSHIPS. AVAILABLE OPPURTUNITIES INCLUDE BUT ARE NOT LIMITED TO; PRODUCT DEMOSTRATIONS, MERCHANDISING, GIVEAWAYS, SIGNAGE, PROGRAM ADVERTISEMENT, LOGO PLACEMENT, AS WELL AS INFORMATIONAL PRODUCTS PROVIDED IN ATHLETE PACKETS.

## MEDIA, VIDEO, AND PHOTO RELEASE

USA TRACK & FIELD NEW YORK HAS THE RIGHT TO USE YOUR PHOTO OR YOUR LIKENESS IN ALL PHOTO'S TAKEN AT THE 2013 USA TRACK & FIELD REGION 1 CROSS COUNTRY CHAMPIONSHIPS. ANY OTHER MEDIA OR PHOTOGRAPHERS MUST FILL OUT A CREDENTIAL APPLICATION WHICH WILL THEN BE APPROVED OR DENIED BY USATF NY. APPROVED MEDIA PERSONELL CAN PICK-UP THEIR CREDENTIAL AT THE PACKET PICKUP TABLE. PHOTOGRAPHERS WITH CREDIENTAILS WILL PERMITTED ON THE COURSE DURING RACES. AN INTERVIEW AREA WILL BE SET-UP AT THE AWARDS AREA FOR INTERVIEWS FOLLOWING THE AWARD CEREMONIES.

# WE ARE NEW YORK!

## NIKE CROSS NATIONAL FUTURE STARS RACE

JOIN US ON NOVEMBER 30TH AT BOWDOIN PARK FOR THE NXN YOUTH RACES AND RUN ALONG THE FAMED NIKE COURSE ALONG SIDE THE BEST HIGH SCHOOL ATHLETES IN THE COUNTRY! ENTRIES ARE CURRENTLY OPEN ON [WWW.COACHO.COM](http://WWW.COACHO.COM). FOR MORE INFORMATION VISIT [WWW.NEWYORK.USATF.ORG](http://WWW.NEWYORK.USATF.ORG)

## YOUTH CHALLENGE SERIES

SUNDAY, APRIL 6TH  
SATURDAY APRIL 13TH  
NEW YORK RELAYS

SUNDAY, MAY 18TH  
(adidas Grand Prix Youth Trials)

SUNDAY, JUNE 29TH  
NORTHEAST  
YOUTH INVITATIONALS  
INFORMATION FOR THESE  
THESE GREAT YOUTH EVENTS  
CAN BE FOUND BY VISITING  
[WWW.NEWYORK.USATF.ORG](http://WWW.NEWYORK.USATF.ORG) or  
[WWW.ICAHNSTADIUM.ORG](http://WWW.ICAHNSTADIUM.ORG)

THE RANDALL'S ISLAND PARK ALLIANCE &  
USA TRACK & FIELD NEW YORK

PRESENTS



## BROOKLYN ARMORY INDOOR TRACK AND FIELD SERIES

ONE OF THE QUICKEST GROWING INDOOR YOUTH SERIES IN THE NORTHEAST, THE BROOKLYN ARMORY YOUTH SERIES PROMISE TO BRING QUICK TIMES AND A HIGH QUALITY MEETS. MEET DATES INCLUDE 1/5, 1/12, 1/19 FOR MORE INFORMATION PLEASE CONTACT SEAN RICE AT [MIDWOODTRACK@AOL.COM](mailto:MIDWOODTRACK@AOL.COM)

### Adidas Grand Prix

June 14th—Icahn Stadium

Group discounts will be available by visiting  
[www.adidasgrandprix.com](http://www.adidasgrandprix.com)

**Trials for 7 & 8 year old fastest kid on the block and youth 4 X 400m relays will take place at the youth challenge series on May 18th at Icahn Stadium.**

