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**2012 USATF Niagara Association Junior Olympics Cross Country
Championships
Sunday, November 4, 2012
Cobb's Hill Park, Rochester, NY**

Lake Riley Lodge, 100 Norris Drive, Rochester, NY 14610
Lake Riley Lodge is located at the corner of Culver Rd./Norris Dr.
Hosted by: USATF Niagara

Schedule of Races

- 9:00 a.m. Begin Packet Pick-up Lake Riley Lodge
- 10:00 a.m. 2k Race Sub-Bantam Girls/Boys one race
- 10:20 a.m. 3k Race Bantam Girls/Boys and Midget Girls/Boys one race
- 10:40 a.m. 4k Race Youth Girls/Boys one race
- 11:10 p.m. 5k Race Intermediate Boys/Girls and Young Boys/Girls one race
- 11:45 p.m. Awards Ceremonies – Lake Riley Lodge

The Junior Olympic Cross Country program is a progressive series of meets consisting of Association, Regional, and National meets. Athletes are required to submit an entry form only at the first level of competition, as advancement is based upon performance at each level.

**[Online Declaration Form for the Niagara Association Championships](#)
(Entry Deadline Friday, November 2, 2012 at 5:00 p.m. EST)**

Advancement

See USATF [Competition Rule](#) 305.3 for specific rules on qualifying for the Regional and National Championships. Generally, the first 25 individual finishers and first three teams in each age division at the Niagara Association Championships will qualify for the Region 2 Championships. Contact your local association or regional meet director to learn more about how to qualify for the National Championships, or visit the [Junior Olympic Cross Country information page](#). Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the National Championships.

Online Entry Forms and Fees for the Niagara Association Championships

The non-refundable entry fee is \$20 per individual and must be submitted online at the time of registration. Entries cannot be accepted by any other method. Late and onsite entries will not be accepted for this competition.

Youth competitions take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for the 2012 competition year are as follows:

Age Division Year of Birth

Sub-bantam	2004+*
Bantam	2002-2003
Midget	2000-2001
Youth	1998-1999
Intermediate	1996-1997
Young	1994-1995*

** Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."*

*** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the Young Men's and Young Women's divisions through that meet. This extended eligibility does not apply to cross country events.*

ADA Accommodations

USA Track & Field has specific procedures to be followed by disabled athletes wishing to compete in able-bodied competitions against able-bodied Athletics athletes. Please note that the disabled athlete must first meet the eligibility requirements applicable to the relevant competition, including having achieved the required qualifying standard, if any. The disabled athlete is responsible for initiating the ADA Accommodation Request procedures sufficiently in advance to enable USATF to complete its review and decision-making process prior to the relevant competition. Please see the [USATF "Policy & Procedures for Accommodation Requests Pursuant to the Americans with Disabilities Act"](#) for more information.

Awards

Individual awards will be given to the top 25 athletes in each event.

Team awards will be given to the top 3 teams in each age division.

The awards ceremony will be held at 11:45 a.m. at the Lake Riley Lodge.

Drug Testing

Athletes who participate in this competition are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.

BE ALERT - Knowing your rights and responsibilities may save you from making a mistake that could jeopardize your athletic career. The use of ALL dietary supplements is "at the athlete's own risk of committing a doping violation."

BE AWARE - Testing may take place at any time or after any round - preliminary, qualifying, or final - USADA typically selects place finishers and random athletes. Once notified, you will be accompanied by a chaperone until you report to the Doping Control Station. Athletes must report to the Doping Control Station immediately after notification unless there is an approved reason for delay. Reasons for delay that will be considered include, but are not limited to, retrieving identification, attending an awards ceremony, locating an Athlete Representative, cooling down, media obligations and preparing for another event. If there is a valid reason for delay, inform the Notifying Chaperone so he/she can confirm with a Doping Control Officer.

BE CLEAN - Checking to see if the medication you take is allowed could be the difference between passing your test and serving a doping ban. A search on USADA's easy-to-use [Global Drug Reference Online](#)[™], or a quick call to USADA's Drug Reference Line[™] (1-800-233-0393), or a review of the [Therapeutic Use Exemption](#) procedure will help you understand if a medication is allowed or prohibited.

BE INFORMED - Watching [USADA's short testing video](#) will familiarize you with the drug testing process. *When making travel arrangements please allow enough time for drug testing at the end of your event. This will include providing a sample and processing paperwork.* The adjudication of anti-doping rule violations or refusals to test will be carried out by USADA. Athletes found to have committed a doping violation will be disciplined according to penalties specified by the World Anti-Doping Code and, if appropriate, applicable IAAF rules. Such penalties may result in a period of ineligibility as well as disqualification from the event.

BE AWARE. BE INFORMED. BE ALERT. BE CLEAN.

The use of nutritional or dietary supplements is completely at the athlete's own risk - even if the supplement label says "approved" or "verified." USADA's drug reference resources DO NOT provide information about dietary supplements.

Protests

Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and not later than one hour after a result has been announced.

Decisions of the Referee may be appealed within one hour to the Jury of Appeals. The fee to file an appeal to the Jury is \$100. This fee will be returned if your appeal is upheld. Please note USATF Rule 119.4 when considering the use of video /photo footage for protests.

Uniforms

Each competitor on a qualifying team must have a jersey or singlet that is basically identical in color and style to those worn by his/her teammates. The team jersey must be clearly visible throughout the race. This means the team jersey should be worn as the outside layer of clothing if other garments are worn during the race. Athletes who are unattached or who compete for a team not in team competition may wear any apparel as long as it is safe, not offensive, and has the athlete's bib number attached to the outside layer.