

USATF Niagara Junior Olympic Cross Country Championships



Sunday November 12, 2023 Bassett Park ~ Amherst, NY

Bassett Park Course

Bassett Park will be a mix of wide grass paths and wooded trails. There will be a 2 km course and a 3 km. course, with the athletes running the 4k doing two loops of the 2 km course and the 5k athletes doing a one loop of the 2 km course and one loop of the 3 km course. The course will be marked with pin flags.

Boys & Girls Ages

8-U 2km, 9-10 3km, 11-12 3km, 13-14 4km, 15-16 & 17-18 5km

Coaches/Parents:

Check in 9:30am First race 11am

Link to Athletic.Net registration <https://www.athletic.net/CrossCountry/meet/233277/register>

Link to JO Page on the USATF Niagara Website: <https://niagara.usatf.org/joxc23>

Athletes must be USATF members and have their birth certificates certified prior to the Association meet.

Distances from around the Association:

Syracuse - 2 hr. 15 min
Corning – 2 hr. 15 min
Elmira – 2 hr. 30 min
Ithaca – 2 hr. 45 min
Rochester- 1 hr. 15 min
Jamestown - 1 hr. 30 min
Niagara Falls - 30 min

Host Hotel: Sleep Inn & Suites Buffalo Airport 716.626.4000 ask for "USATF Rate" \$120.00

Advancement to USATF National JO Meet

The Top 15 athletes, plus the Top 2 teams from the Association Meet will Qualify for **USATF Nationals**. Medals to the top six individuals in each division (boys and girls)