



JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 6, 2022

The Y at Watson Woods

9620 Dry Run Road

Painted Post, NY 14870

REGISTRATION

Registration is \$10 and is linked here at [Athletic.Net](#).

Athletes must be USATF members and have their birth certificates certified prior to the meet. Link to the [USATF membership page](#). Additional information can be [found here](#) on the USATF website.

SCHEDULE

(Boys and Girls run together for all races)

- 9:00 Registration opens
- 9:30 Course walk-through
- 10:30: 8 and Under 2 km. (Athletes born after 2014)
- 11:00: 9-10 3 km (Athletes born 2012 - 2013)
- 11:30: 11-12 3 km (Athletes born 2010 - 2011)
- 12:00 13-14 4 km (Athletes born 2008 - 2009)
- 12:30 15-18 5 km (Athletes born 2004 - 2007)

Advancement to National Meet:

Top 15 athletes plus the top 2 teams from the association meet will qualify for nationals. There will be medals to the top six individuals in each division (boys and girls).

About the Course:

The course will be a mix of wide grass trails and double track woods trails. There will be a 2 km course and a 3km 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.

The Y at Watson Woods is a conference center located just west of Painted Post, NY, 3.5 miles from I-86.

Distances from cities around the association:

- Corning - 10 minutes
- Elmira - 30 minutes
- Ithaca - 1 hour
- Rochester - 1 hour 40 minutes
- Syracuse - 2 hours 5 minutes
- Jamestown - 2 hours 15 minutes
- Buffalo - 2 hours 15 minutes

ACCOMODATIONS

The Y at Watson Woods has Hotel rooms, Dorm rooms and Cabins/lodges reserved for our event. You can call 607-962-0541 to make a reservation. Hotel rooms are \$100 per night, Dorm rooms are \$60 per night and Cabin/Lodges are \$400 per night and can sleep 16-32 people. Please visit their website for pictures and details of the accommodations: Rochesterymca.org

ATTRACTIONS IN THE AREA

There are plenty of activities to do in the Corning area. Explore more at this link to the [Chamber of Commerce Website](#).