

Crimson Knights Work Out Schedule November 3, 2009 – November 30, 2009):

Pay Close Attention to these workouts - we are now starting the "Ste-up" phase in our training

Do your best to attend practices. If you miss a practice, follow this workout plan or contact Coach Campbell
Consider finding parks, residential roads (low traffic), maybe smooth trails or a high school track to complete these workouts
 It is dark out so be sure to wear reflective wear and (if available, walking flashers).
 Drink plenty of fluids always, even if it is cool or cold outside, you must be hydrated to run.
 Always tell the coaches if you experience any pain and/or soreness. We need to know always.
 Be sure to manage your time. If you miss a practice, run your own workout off this sheet.

Homework, and your other activities are just as important as running, but if you don't train your races will not be to your liking - guaranteed !

Coach Campbell - Cell: +1-732-500-7107 email: bmark498@yahoo.com

Practice, Race Schedule and Rest Days: Black

Grades 7, 8 and 9: Red

Grades 4, 5 and 6: Blue

Grades 2 & 3: Green

Missed Practice Workouts Brown

Try to add one of the Missed Practice Workout schedules to each of your weeks

All 7th, 8th and 9th grade athletes need to run on your own 1 ~ 2 days per week, in addition to this workout plan.

Follow this plan to the best of your ability, your training is the cornerstone of your success throughout the season

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Sunday	Monday	Tuesday 11/3 Rest Day, Missed Practice Workout -25 min very easy run (lite stretching before and after) -20 min very easy run (lite stretching before and after) -15 min very easy run (lite stretching before and after)	Wednesday 11/4 Team Practice: JFK High School Iselin 6pm ~ 6:55pm "Light Speed Session" Just below Race Pace.	Thursday 11/5 Core Day -20 min. easy run, then 2 sets of 10 pushups, then 2 sets of 20 situps -15 min. easy run, then 2 sets of 10 pushups, then 2 sets of 10 situps -2 x 6 minute run nice and easy (2 minute rest in between)	Friday 11/6 Team Practice: JFK High School Iselin 6pm ~ 6:55pm	Saturday 11/7 Deer Path visit 12:00pm (NOON)
Sunday 11/8 Rest Day, Missed Practice Workout -25 min very easy run (lite stretching before and after) -20 min very easy run (lite stretching before and after) -15 min very easy run (lite stretching before and after)	Monday 11/9 NO TEAM PRACTICE Core Day BE SURE TO DO THIS ON YOUR OWN -20 min. easy run, then 2 sets of 10 pushups, then 2 sets of 20 situps -15 min. easy run, then 2 sets of 10 pushups, then 2 sets of 10 situps -2 x 6 minute run nice and easy (2 minute rest in between)	Tuesday 11/10 Rest Day (Mandatory)	Wednesday 11/11 Team Practice: JFK High School Iselin 6pm ~ 6:55pm (SPEED)	Thursday 11/12 Rest Day, Missed Practice Workout -25 min very easy run (lite stretching before and after) -20 min very easy run (lite stretching before and after) -15 min very easy run (lite stretching before and after)	Friday 11/13 Team Practice: JFK High School Iselin 6pm ~ 6:55pm	Saturday 11/14 Rest Day, Missed Practice Workout -25 min very easy run (lite stretching before and after) -20 min very easy run (lite stretching before and after) -15 min very easy run (lite stretching before and after)
Sunday 11/15 Deer Path visit 10:00am w/Coach Thompson	Monday 11/16 Team Practice: JFK High School Iselin 6pm ~ 6:55pm	Tuesday 11/17 Lite Running Day -20 min, easy run 6 times x 50 yard sprints, with 1 min. rest between each -15 min, easy run 4 times x 50 yard sprints, with 1 min. rest between each -10 min, easy run 3 times x 50 yard sprints, with 1 min. rest between each	Wednesday 11/18 Team Practice: JFK High School Iselin 6pm ~ 6:55pm (SPEED)	Thursday 11/19 Lite Running Day -20 min, easy run 6 times x 50 yard sprints, with 1 min. rest between each -15 min, easy run 4 times x 50 yard sprints, with 1 min. rest between each -10 min, easy run 3 times x 50 yard sprints, with 1 min. rest between each	Friday 11/20 NO TEAM PRACTICE Lite Running Day -20 min, easy run 6 times x 50 yard sprints, with 1 min. rest between each -15 min, easy run 4 times x 50 yard sprints, with 1 min. rest between each -10 min, easy run 3 times x 50 yard sprints, with 1 min. rest between each	Saturday 11/21 Rest Day (Mandatory)
Sunday 11/22 Deer Path - Flemington -- Regional Championships	Monday 11/23 Team Practice: JFK High School Iselin 6pm ~ 6:55pm (Sub Bantam season now complete - Happy Holidays!!!)	Tuesday 11/24 Rest Day (Mandatory)	Wednesday 11/25 Team Practice: JFK High School Iselin 4pm	Thursday 11/26 Happy Thanksgiving (TURKEY TROT) optional	Friday 11/27 NO TEAM PRACTICE Lite Running Day -20 min, easy run 6 times x 50 yard sprints, with 1 min. rest between each -15 min, easy run 4 times x 50 yard sprints, with 1 min. rest between each -10 min, easy run 3 times x 50 yard sprints, with 1 min. rest between each	Saturday 11/28 (TURKEY TROT optional) Eat those "leftovers"
Sunday 11/29 Rest Day (Mandatory)	Monday 11/30 Team Practice: JFK High School Iselin 6pm ~ 6:55pm	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

2009 USATF Region 2 Junior Olympic
Cross Country Championships

Schedule:

Saturday, November 21, 2009

*7-8pm - Packet Pickup and Coaches Meeting
at Hampton Inn, Clinton*

Sunday, November 22, 2009

8:30am - Packet Pickup at Deer Path Park

9:00am - <SHARP!> Course Walk

*10:30am - First race (see schedule inside
packet)*



www.usatfnj.org

Hosted by:
USA Track & Field
New Jersey Association
P. O. Box 330
Boonton, New Jersey 07005

Region 2

*Niagara, Three-Rivers,
Mid-Atlantic, & New Jersey*

Passport

Official & Subject to Revision

USA Track & Field Junior Olympic Cross Country Championships



November 22, 2009
Deer Path Park

Flemington, New Jersey
Hosted by USATF-NJ
www.usatfnj.org

Region 2 Championships

Event Management - USATF-NJ Association

Ben Campbell - Meet Director region2xc2009@yahoo.com

Tom Gerlach - Competition Director
Gerlach926@verizon.net

Colleen Dougherty - USATF-NJ Youth Chair
colleendougherty7@gmail.com

Meet Entry Information

The Regional entry fee is \$10 per athlete. Individuals must qualify and enter at their association meet following the rules for USATF advancement from respective Region 2 Association to this Region 2 Championship. **There are no exceptions to these rules.**

Qualification Information for this Meet

The top four (4) teams and individuals finishing in the top 25 at the association meet qualify for the Regional meet. **Athletes must have valid, age verified USATF Memberships.**

Teams

Teams must represent current USATF Association member clubs and athletes representing clubs must be registered members of said clubs prior to participation in their Association Championships. All members of the same club listed on the team declaration roster at the Association Championships are eligible to compete on the club's team (minimum of five, maximum of eight) in the Regional and National Championships as long as the team qualifies.

National Advancement from Region 2 Meet

The National Advancement Fee is \$20.00 per Athlete CASH ONLY. Individuals that place in the Top 20 in each age/gender category and the Top 3 Teams will qualify to advance to the National Junior Olympic Cross Country Championships on Saturday December 12, 2009 at Rancho San Rafael Regional Park in Reno, Nevada.

All athletes that plan on running in the National Meet must complete the advancement paperwork and pay the entry fee before leaving the Region 2 Meet. There are no exceptions to these rules.

National Championship Meet Information:

www.usatf.org/events/2009/USATFJuniorOlympicXCChampionships/

Championship Races

Rules

USATF rules apply.

Race Schedule (subject to change)

Age Group	Birth Year	Race Time	Distance
Sub-Bantam Girls	2001 and later	10:30am	1600m
Sub-Bantam Boys	2001 and later	10:45am	1600m
Bantam Girls	1999-2000	11:00am	3000m
Bantam Boys	1999-2000	11:20am	3000m
Midget Girls	1997-1998	11:40am	3000m
Midget Boys	1997-1998	12:00pm	3000m
Youth Girls	1995-1996	12:20pm	4000m
Youth Boys	1995-1996	12:50pm	4000m
Intermediate Girls	1993-1994	1:20pm	5000m
Intermediate Boys	1993-1994	TBA	5000m
Young Women	1991-1992	TBA	5000m
Young Men	1991-1992	TBA	5000m

Schedule time is approximate and is subject to change. Depending on the number of participating runners in the Intermediate and Young, races may be combined.

Results

Official results will be available within 45 minutes after each race and posted at the registration area results bulletin board. The results will also be posted by Monday morning at www.usatfnj.org under Youth Athletics.

Awards

Junior Olympic Award Medals to the Top 20 athletes in each age division.

Protests

Protests must be submitted in writing to an organizer at the race registration table within 30 minutes after race results have been posted and shall be accompanied by a \$50 fee. The fee is refunded if the decision is reversed.

Medical

There will be medical personnel at the meet.

Course and Hotel Information

Deer Path Park - Flemington, New Jersey

<http://www.co.hunterdon.nj.us> and

<http://tinyurl.com/kswach>

Course Information:

Course is primarily grass and trails. The park is located on West Woodschurch between routes 523 and 31. Go past the YMCA complex and park down near the lake. There are port-a-johns available year-round. This park is the site of Fall races for both high school and USATF-NJ cross-country events. There is a standard 5 kilometer route that traverses the park. All of the race distances will be partitioned from the standard 5K course.

Restrooms & Dressing Facilities:

Competitors should arrive at the course wearing running uniforms and sweats. Bathrooms will be located conveniently in the park along with supplemental port-a-johns.

Directions:

From the Flemington circle: (which is at Route 31 & Route 202) go North on Route 31 towards Clinton. After approx. 4 miles, turn Right onto W. Woodschurch Road. Park entrance will be on your right.

From Route 78 West: Merge onto 523 S at exit #24 toward Whitehouse. At Rt 22, go East for approx 1/4 mile, then turn Right to continue onto 523/Main St. Go just over 5 1/2 miles and then turn Right onto Woodschurch Rd. Turn Left onto W. Woodschurch Rd. The park entrance is on your left.

From Route 78 East: Exit 17 (NJ Route 31 South). Take 31 South for approx 6 miles to W. Woodschurch Rd. (All turns from right lane). Park entrance is on your right.

Race Headquarters & Accommodations

Approximately 6 Miles from Deer Path Park.

Race Headquarters Hotel and Guest Rooms are available for Reservation on or before November 14, 2009 and are reserved under USATF-NJ Association at:

Hampton Inn - Clinton
16 Frontage Drive
Clinton, NJ 08809
(P) 877-899-3435

\$89 King or Two Double Beds (1-4 people)
<Continental Breakfast is included>

<Normal price is \$120, please use this room block!>

Mention "USATF Junior Olympics" until November 14th to get block price.

Updated meet information will be posted on the USATF NJ Association Website, when available: www.usatfnj.org