USATF PACIFIC ASSOCIATION YOUTH CROSS COUNTRY CHAMPIONSHIPS

Sunday November 24, 2024 Hayward High School

1633 East Ave., Hayward, CA

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| REGISTRATION  **ENTRY DEADLINE IS 11:59 PM, SUNDAY, NOVEMBER 17, 2024** | The Pacific Association Junior Olympic Cross Country Championships is open to all age-verified Pacific Association youth athletes. |
| **\*\*\*THERE IS NO MAIL-IN REGISTRATION\*\*\***  **\*\*\*THERE IS NO MEET DAY REGISTRATION\*\*\*** | For more information about the Pacific Association and its youth offerings, including how to form a new USATF club, join an existing USATF club, or compete in USATF races as an unattached athlete please visit |
| **\*\*\*THERE IS NO LATE REGISTRATION\*\*\*** | [www.pausatf.org/youth](http://www.pausatf.org/youth) |
| **USATF Membership and Age Verification Required** |  |

# No late registration will be accepted.

**Entry must be completed through athletic.net before the Region 14 registration deadline:**

#### [USATF Region 14 Junior Olympic Championships](https://www.athletic.net/CrossCountry/meet/252502/info)

#### <https://www.athletic.net/CrossCountry/meet/252502/info>

### The TOP-30 individuals and TOP-5 teams in each division will advance to the Region 14 Junior Olympic Championships on 12/1 @ Woodward Park in Fresno, CA. Entry into the Region 14 meet is NOT automatic.

### The TOP-30 individuals and TOP-5 teams in each division at the Region 14 meet will advance to the USATF National Junior Olympic Championships on 12/15 in Shelbyville, IN.

##### COURSE DESCRIPTION

The Hayward High School Cross Country Course features multiple loops (depending on the event), allowing spectators to view much of the course from the middle of the grass fields. All routes include mixed grass, dirt, gravel, and asphalt. All courses finish on the grass.

## Spikes are NOT permitted.

**Schedule:**

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| 08:00 AM | Packet Pickup |
| 08:30 AM | Grand Prix Award Presentation |
| 09:00 AM | Coursewalk |
| **Start** |  |
| 10:00 AM | Group 5 Girls + Boys, Group 6 Girls + Boys 5K race |
| 10:30 AM | Group 1 Girls 2K race |
| 10:45 AM | Group 1 Boys 2K race |
| 11:00 AM | Group 2 Girls 3K race |
| 11:20 AM | Group 2 Boys 3K race |
| 11:50 AM | Group 3 Girls 3K race |
| 12:10 PM | Group 3 Boys 3K race |
| 12:30 PM | Group 4 Girls 4K race |
| 12:55 PM | Group 4 Boys 4K race |

(Note: The Group 5 and Group 6 boys and girls races will be combined. Awards and scoring will be by age group.)

##### TIMING/RESULTS

Timing will be done by Track and Field Timing and Results Services. Results will be posted on athletic.net after the conclusion of each race. Official results will be posted on the Pacific Association Youth Cross Country Page.

##### AWARDS

The top fifteen (15) individual finishers in each division will receive medals. The first place team in each division will be awarded a team champion trophy.

DIRECTIONS & PARKING

The Hayward High School Cross Country Course is located on the campus near the track. The address is:

1633 East Ave., Hayward, CA

#### Free parking is available in the school parking lot and along the streets. Please DO NOT park in the back parking lot. This lot is reserved for meet officials and workers. NO ONE SHOULD BE parking where emergency gates are located or red zones. You may get ticketed or have your vehicle towed.

ADDITIONAL RACE INFORMATION

##### AGE GROUPS/RACE DISTANCES

USATF Junior Olympic competitions take place in two-year age divisions, determined by the year in which the athlete was born. There is one division for boys and another for girls. Athletes must compete in their own age group. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability.

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| **USATF Age Divisions 2023** |  |
| 8 & Under born | 2016+ |
| 9-10 | 2014-2015 |
| 11-12 | 2012-2013 |
| 13-14 | 2010-2011 |
| 15-16 | 2008-2009 |
| 17-18 | 2006-2007 |

##### USATF MEMBERSHIP

Each runner competing in the Junior Olympics must be a current member of USATF Pacific Association with a validated birth date.

To join USATF, go to [http://www.usatf.org/membership.](http://www.usatf.org/membership) You will need a credit/debit card.

##### VALIDATED BIRTH DATES

Each runner competing in the Pacific Association Youth Cross Country Championships must also have verified their age with USATF. For more information on USATF age verification, visit:

<https://www.usatf.org/home-normal/top-utility-nav-content/membership/date-of-birth-verification-policy>

**TEAMS**

It takes a minimum of five runners from the same club, in the same division, to form a team; there may be a maximum of eight runners on a team. All members of the team must be entered in the race, of the same sex, in the same age group and all must be registered members of the same Pacific Association club.

Coaches must ensure all of their team athletes are listed in the athletic.net system as a member of the team. The athletic.net team listing will serve as the declaration roster for the team. Coaches may verify their club roster at:

<https://www.pausatf.org/data/clubs.php>

In order to declare a team, a club must enter a minimum of 5 and a maximum of 8 athletes by the entry deadline. The composition of the team can be changed if a team coach submits a change form at the registration packet pickup at least 2 hours prior to the race. Any athlete changed must be listed on the declaration roster.

TEAM SCORING

Please note the following changes to USATF Cross Country Team Scoring instituted in 2016. Changes to team age divisions do not affect individual awards or advancement

**USATF Rule 304.5:**

1. **Scoring -** A team shall be composed of from five to a maximum of eight members. Team scoring shall be by place, in accordance with Rule 7. Team scoring is divided into five divisions for boys and five divisions for girls. The athlete’s year of birth shall determine the division in which the athlete shall compete.

**Cross Country Team Scoring Divisions:**

8 and Under, 9 – 10, 11 – 12, 13 – 14, 15 – 18

**USATF Rule 7.6:**

1. **Scoring by place**:
   1. The team score shall be the total of the finishing positions of the scoring members. The team with the lowest total points is the team winner.
   2. Runners of incomplete teams, team entries not declared eligible for team scoring,and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners.
   3. When separate competitions are conducted simultaneously, each shall be scored independently. Runners on

teams not eligible for a given competition will be eliminated from team scoring in that competition. (d) In the event of a tie between two or more individual runners, each shall score the number of points determined by dividing the total of the finish places by the number of runners who have tied.

(b) Ties between two or more teams shall be resolved in favor of the team whose last scoring member finishes nearer to first place.