



# USATF PACIFIC ASSOCIATION JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Sunday November 24, 2019  
Willow Hills Cross Country Course  
Folsom High School  
Folsom, CA

## REGISTRATION

**ENTRY DEADLINE IS 11:59:59 PM,  
MONDAY, NOVEMBER 18, 2019**

**\*\*\*NO MAIL-IN REGISTRATION\*\*\*  
\*\*\*NO MEET DAY REGISTRATION\*\*\*  
\*\*\*NO LATE REGISTRATION\*\*\***

**USATF Membership and Age  
Verification Required**

The Pacific Association Junior Olympic Cross Country Championships is open to all age-verified Pacific Association youth athletes.

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 [www.pausatf.org/youth](http://www.pausatf.org/youth)

**Registration is via [athletic.net](https://www.athletic.net/CrossCountry/meet/162243/register). <https://www.athletic.net/CrossCountry/meet/162243/register>**

The Pacific Association Junior Olympic Cross Country Championships is the qualifying meet for the USATF Region 14 Junior Olympic Cross Country Championships to be held on Sunday, December 1, 2019 at Woddard Park in Fresno, CA. Questions may be directed to the meet director: Courtney Gooch at: [youth@centralcalifornia.usatf.org](mailto:youth@centralcalifornia.usatf.org)

**No late registration will be accepted.**

Entry fees are **\$10.00 per athlete** and must be paid online through athletic.net web site by credit card, electronic check, or any debit or prepaid card with the MasterCard or Visa logo.

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# SCHEDULE

08:00 AM	Packet Pickup
08:30 AM	Presentation of PAUSATF Grand Prix Competition Winners
09:00 AM	Course Walks
10:00 AM	Group 1 Girls 2K race
10:15 AM	Group 1 Boys 2K race
10:30 AM	Group 2 Girls 3K race
10:50 AM	Group 2 Boys 3K race
11:10 AM	Group 3 Girls 3K race
11:30 AM	Group 3 Boys 3K race
11:50 AM	Group 4 Girls 4K race
12:10 PM	Group 4 Boys 4K race
12:30 PM	Group 5 Girls + Boys, Group 6 Girls + Boys 5K race

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

## **Restrooms will not be available until 8:00AM**

### **COURSE DESCRIPTION**

The Willow Hills Cross Country Course, adjacent to Folsom High School, is a dedicated trail area that is one of the premier cross country venues in Northern California. All routes circle the reservoir and include mixed grass, dirt, gravel, and woodchip trails as well as a small amount of asphalt. There are several moderate elevation changes on the back portion of the course. **Spikes are permitted.**

### **TIMING/RESULTS**

All races will utilize finish line cameras to ensure accuracy of placing and time. Hard copy results from each race will be posted approximately 30 minutes after the conclusion of each race. Official results will be posted on the Pacific Association Youth Cross Country Page by 8:00 PM the day of the race.

<https://www.pausatf.org/youth/usatf-pacific-youth-cross-country-schedule-with-results/>

### **VENDORS**

Vendors will be onsite to provide food, beverages, t-shirts, and running-related items to athletes and spectators.

## **ADDITIONAL JUNIOR OLYMPIC RACE INFORMATION**

### **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>. The membership application takes less than 3 minutes to complete online or you may print the application and mail it. It is recommended you complete the process online to immediately receive your membership number. You will need a Visa credit/debit card. You must be a registered USATF member and in the database before you may enter the Junior Olympic races.

**\*\*DO NOT WAIT UNTIL THE LAST DAY TO OBTAIN AN USATF MEMBERSHIP\*\***

## VALIDATED BIRTH DATES

- Each runner competing in this Junior Olympic Cross Country Championships must also have verified their age with the Pacific Association USATF.
- Athletes who competed in previous Junior Olympic Championships for Track & Field or Cross Country may have already been verified. To check if an athlete has a verified birth date, go to [www.pausatf.org/data/members.php?age=youth](http://www.pausatf.org/data/members.php?age=youth). Search for the athlete's name and locate the age field. If the age has a "v" next to it, the date of birth has been verified, otherwise it has not. If you can not locate the athlete, he or she is not currently a USATF Pacific member or the PAUSATF member database has not been updated to reflect the new membership.
- To have an athlete's birth date verified, email a **photo quality** copy of the athlete's birth certificate with the athlete's name and USATF number in the subject line to Heike Mansoor at the Association office: [heikemansoor@aol.com](mailto:heikemansoor@aol.com).
  - Include athlete's 2019 USATF membership number on the document and in the subject line.
  - If you are unable to email a copy of the birth certificate, you may fax a copy to (916) 983-4624. After verification, all birth certificates will be deleted and/or shredded.

**\*\*BIRTH CERTIFICATES MUST BE SUBMITTED NO LATER THAN 6PM NOVEMBER, 15th\*\***

## 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. The age divisions for competition year 2019 are as follows:

Age Division	Age on 12/31/2019	Year of Birth	Distance
Group 1	8 and under	2011 and after	2000m
Group 2	9 – 10	2009-2010	3000m
Group 3	11 – 12	2007-2008	3000m
Group 4	13 – 14	2005–2006	4000m
Group 5	15 – 16	2003 – 2004	5000m
Group 6	17 – 18	2001 – 2002	5000m

*\*NOTE: Per USATF Rules, athletes must be at least seven (7) years of age on Dec. 31, 2019 to compete at the Junior Olympic National Championship*

## AWARDS

In each division, the top ten (10) finishers will receive medals; athletes finishing 11-15 will receive ribbons.

## ADVANCEMENT

The first thirty (30) individual finishers and first five (5) teams in each division will qualify to run in the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, December 1, 2019. Runners on a qualifying team who finish in the first thirty (30) do not change the top thirty (30) finishers. Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the Region 14 meet.

Meet registration for all Region 14 qualifiers will be done online using the athletic.net registration system.

**Region 14 Registration: <https://www.athletic.net/CrossCountry/meet/156996/info>.**

**COACHES AND PARENTS/GUARDIANS OF UNATTACHED ATHLETES WILL NEED TO GO TO THE ATHLETIC.NET WEB SITE TO CONFIRM AND PAY FOR ENTRY INTO THE REGION 14 MEET.**

Any questions concerning the Region 14 Cross Country Junior Olympics may be directed to the Region 14 meet director: **Courtney Gooch at: [youth@centralcalifornia.usatf.org](mailto:youth@centralcalifornia.usatf.org)**

The first thirty (30) individual finishers and first five (5) teams in each division at the USATF Region 14 Championships will qualify to compete at the USATF National Junior Olympic Cross Country Championships to be held in Madison, WI on December 14, 2019.

## **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>

All members of the same club listed on the team declaration roster at the Association finals are eligible to compete on the club's team (minimum of 5, maximum of 8) in the next round of qualifications up to and including the National Championships if the team qualifies. 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 at each round can change 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.

In order for a team to compete at the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, December 1, 2019, the team must compete and qualify at the Pacific Association Junior Olympic Cross Country Championship.

## **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:**

*5. 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***

***Division***

*8 and Under*

*9 – 10*

*11 – 12*

*13 – 14*

*15 – 18*

***USATF Rule 7.6:***

***6. Scoring by place:***

*(a) 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.*

*(b) 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.

(c) 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.

## HIGH SCHOOL AND COLLEGIATE ATHLETES

Athletes with conflicting competitions for their state high school or collegiate championships may qualify to compete in the USATF Region 14 Junior Olympic Cross Country Championships on Sunday, December 1, 2019 without competing in the Pacific Association Junior Olympic Cross Country Championship.

Athletes must be entered in the Pacific Association Junior Olympic Cross Country Championships, on November 24, 2019 and obtain a waiver from the Region 14 Coordinator, David Lawrence, based upon the following criteria:

Any athlete who competes in their **high school** league championships, sub-section championship or section championship, or **collegiate** conference, region state or national championships within forty-eight (48) hours of the November 24, 2019 Pacific Association Junior Olympic Cross Country Championship is eligible to request a waiver to the 2019 USATF Region 14 Junior Olympic Cross Country Championship.

**All athletes must be entered in the Pacific Association Junior Olympic Cross Country Championships to be eligible for a waiver.**

Teams may also qualify for a waiver through to the Region 14 meet as long as some or all of the team members meet the requirement of USATF Rule 305.3(f) as stated above. A team may also be advanced provided that all alternates listed on the declaration roster were also in conflict with the school competition causing the team to not have the minimum 5 athletes to participate. The declaration roster must have been submitted **prior to the registration deadline for the Pacific Association meet** and no additional names may be added to the roster after that date.

**To qualify for a team waiver, the club must have entered a valid team (5 athletes in same division) in the Pacific Association Junior Olympic Cross Country Championship**

**The decision to grant all individual and team waivers will be made by the Region 14 Coordinator. Deadline for all waiver requests is 11:59 PM PST on November 18, 2019.**

To apply for a waiver of advancement, e-mail a waiver request to the Region 14 Coordinator, David Lawrence at [DLaw222@aol.com](mailto:DLaw222@aol.com) and cc: [pa.youthXC@gmail.com](mailto:pa.youthXC@gmail.com)

**Waiver requests must include:**

- Athlete's Name, Age Group
- 2019 USATF Membership Number
- Club Name (or unattached)
- Name of High School or College Team
- **Link to official results** of league, sub-section, section, conference, region or nation championship meet which entitles the athlete to a waiver

**Rule 306.3(f) from the 2019 USATF Rules book:**

*"Athletes who compete in their state high school or collegiate championship series may be advanced into their Regional if their Association meet date is in conflict with their school competition. Conflict means both meets are held within 48 hours of the other. A Team may also be advanced provided that all alternates listed on the declaration Roster were also in conflict with the school competition; therefore, not having a minimum of 5 athletes to participate. This Roster must have been submitted by the Registration Deadline of the Association meet and no additional names can be added. The final decisions on the granting of this waiver will be made by the Regional coordinator."*

## **DIRECTIONS & PARKING**

**The Willow Hills Cross Country Course is located at Folsom High School in Folsom, California. The address is:**

**1655 Iron Point Road,  
Folsom, CA 95630.**

Free parking is available in the school parking lots.

**From the Bay Area:**

Take Highway 80 to Sacramento. Arriving in West Sacramento, follow all freeway interchange signs directing you to Highway 50 East (towards Tahoe/ Lake Tahoe). Once on eastbound 50, continue on to the City of Folsom. Take the Prairie City Road off ramp. At the light go left and cross over the freeway. Take a right at Iron Point Road, the second stoplight. Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary.

**From North or South of Sacramento:**

Take either Highway 99 or 5 to Sacramento then follow the freeway interchange signs to Highway 50 East (towards Tahoe/ Lake Tahoe). Once on eastbound 50, continue on to the City of Folsom. Take the Prairie City Road off-ramp. At the light go left and cross over the freeway. Take a right at Iron Point Road, the second stoplight. Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary.

**From the Reno area**

Take 80 towards Sacramento. After passing the town of Loomis take the Sierra College off-ramp. At the stoplight, take a left and cross over the freeway. Stay on this road for approximately 15 miles. The name will change from Sierra College to Hazel Ave. After crossing the American River, you will see freeway signs for Highway 50. Take Highway 50 East towards Tahoe/El Dorado Hills. Once on the Highway 50, take the Prairie City Road off-ramp. At the light go left and cross over the freeway. Take a right at Iron Point Road, the second stoplight. Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary.