



USATF
PACIFIC

USATF PACIFIC ASSOCIATION/REGION 16 JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 18, 2018
Rancho San Rafael Park
Reno, Nevada

Groups 1-3

REGISTRATION

**ENTRY DEADLINE IS 9:00 PM,
SUNDAY NOVEMBER 11, 2018**

*****THERE IS NO MAIL-IN REGISTRATION***
THERE IS NO MEET DAY REGISTRATION
THERE IS NO LATE REGISTRATION**

**USATF Membership and Age
Verification Required**

The Pacific Association/Region 16 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

Registration is via athletic.net.

NO LATE REGISTRATION WILL BE ACCEPTED.

The Pacific Association/Region 16 Junior Olympic Cross Country Championships is the qualifying meet for the USATF National Cross Country Junior Olympics to be held on Saturday, December 8, 2018 at Rancho San Rafael Park in Reno, Nevada. Please refer to the meet website for more information on the National Junior Olympic Meet:

<http://www.usatf.org/Events---Calendar/2018/USATF-National-Junior-Olympic-Cross-Country-Ch.aspx>

Entry fees are **\$15.00 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.

| | |
|--|--------|
| Schedule of Races | Page 2 |
| Membership/ Information | Page 2 |
| Age Verification | Page 3 |
| Advancement Information | Page 4 |
| Team Competition and Scoring | Page 4 |
| Directions | Page 5 |
| Hotel Information | Page 6 |

SCHEDULE

| | |
|----------|--|
| 08:00 AM | Packet Pickup |
| 08:45 AM | Bob Shor GP Awards Presentation |
| 09:45 AM | Course Walks |
| 11:00 AM | Group 1 Girls 2K race |
| 11:20 AM | Group 1 Boys 2K race |
| 12:00 PM | Group 2 Girls 3K race |
| 12:30 PM | Group 2 Boys 3K race |
| 01:00 PM | Group 3 Girls 3K race |
| 01:30 PM | Group 3 Boys 3K race |
| 02:10 PM | EXHIBITION 4K RACE (13-14 Boys and Girls) |
| 02:50 PM | EXHIBITION 5K RACE OPEN |

COURSE DESCRIPTION

The 2018 National Junior Olympic Course at Rancho San Rafael Park, was designed in 2016 by Eric Lerude of Race178. This fast, championship course includes moderate elevation change, grass, open pasture, and gravel. Base elevation of Reno is approximately 4,500 feet. **Spikes are permitted.**

Groups 4, 5 and 6 will have the opportunity to preview the course in exhibition races to follow the Group 1-3 qualification races.

TIMING/RESULTS

All races will utilize finish line cameras and electronic chips to ensure the accuracy of placing and times. Unofficial results from each race will be posted 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 the USATF Junior Olympic Cross Country Championships must have verified their age with 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. 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 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 USATF number to Heike Mansoor at the Pacific Association office: heikemansoor@aol.com.
 - Include athlete's 2018 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 shredded.

****AGE VERIFICATION MUST BE COMPLETED PRIOR TO ENTRY****

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 2018 are as follows:

| Age Division | Age on 12/31/2018 | Year of Birth | Distance |
|--------------|-------------------|----------------|----------|
| Group 1 | 8 and under | 2010 and later | 2000m |
| Group 2 | 9 – 10 | 2008 - 2009 | 3000m |
| Group 3 | 11 – 12 | 2006 - 2007 | 3000m |
| Group 4 | 13 – 14 | 2004 - 2005 | 4000m |
| Group 5 | 15 – 16 | 2002 – 2003 | 5000m |
| Group 6 | 17 – 18 | 2000 – 2001 | 5000m |

**NOTE: Per USATF Rules, athletes must be at least seven (7) years of age on Dec. 31, 2018 to compete at the Junior Olympic National Championship*

AWARDS

In each division, the top thirty (30) finishers will receive medals; awards will be provided for first place teams in each division

HIGH SCHOOL AND COLLEGIATE ATHLETES

High school and collegiate athletes may compete in the 2018 Pacific Association/Region 16 Junior Olympic Cross Country Championships. The competition for high school and collegiate athletes (ages 13-18) will be held on November 25, 2018 at Willow Hills XC Course in Folsom, CA.

ADVANCEMENT

The first thirty (30) individual finishers and first five (5) teams in each division will qualify to run in the USATF National Cross Country Junior Olympics on Saturday, December 8, 2018. 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.

COACHES AND PARENTS/GUARDIANS OF UNATTACHED ATHLETES WILL NEED TO CONFIRM AND PAY FOR ENTRY INTO THE NATIONAL JUNIOR OLYMPIC MEET via ATHLETIC.NET

MEET REGISTRATION: <https://www.athletic.net/CrossCountry/meet/153314/register>

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 (Groups 1-3) to compete at the USATF National Cross Country Junior Olympics, the team must compete and qualify at the Pacific Association Junior Olympic Cross Country Championship on November 18, 2018.

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 (groups 5 and 6 are considered as 1 group for **team scoring only**)

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.

DIRECTIONS & PARKING

Rancho San Rafael Park
1595 N Sierra St, Reno, NV 89503

[GOOGLE DIRECTIONS](#)

From The Bay Area/Sacramento:

- *Take I-80 East toward Reno*
- *Exit N. Sierra St (Exit 13)*
- *Right on N. Sierra*
- *Follow N. Sierra to the entrance to Rancho San Rafael Park on the Left*

HOTEL INFORMATION:

Preferred rate room blocks have been set aside for attendees of the 2018 Pacific Association (Region 16) Junior Olympic Cross Country Regional. The room block rates are good from November 16-19 at two adjacent downtown Reno resort properties, located just one mile from Rancho San Rafael Regional Park, the location of the regional. Both resorts have plenty of food and restaurant options as well as entertainment.

Their location offers the unique opportunity for participants to make a warm up run up to the park or have an easy five minute ride from the hotel to the park.

These same properties will be two of the three host hotels for the National Junior Olympic Cross Country Championships on December 8th.

Online Reservations:

Silver Legacy Resort: <https://silverlegacyreno.reztrip.com/ext/promoRate?property=1080&mode=b&pm=true&sr=381113&vr=3>

Circus Circus: <https://circusreno.reztrip.com/ext/promoRate?property=1081&mode=b&pm=true&sr=381142&vr=3>

Phone Reservations:

Silver Legacy Resort: [800-687-8733](tel:800-687-8733)

Circus Circus: [800-648-5010](tel:800-648-5010)

mention the group code: **PAUSATF**.