



RANCHO SAN RAFAEL JUNIOR OLYMPIC CROSS COUNTRY COURSE PREVIEW

Sunday, November 18, 2018

Rancho San Rafael Park
Reno, Nevada

REGISTRATION

Online Registration:

\$15

<https://www.athletic.net/edit/crosscountry/register/1736978/>

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

**USATF Membership and Age
Verification Required for Online Registration**

Day of the Meet Registration:

\$30

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

These races are being held to give Pacific Association athletes the opportunity to preview the 2018 USATF National Junior Olympic Cross Country Championship 4 Kilometer and 5 Kilometer courses.

Age verified, Pacific Association members may register online through athletic.net.

5K Race is open to all

Non-age verified members or non-members must register the day of the meet.

Athletic.net Entry Instructions:

<https://www.athletic.net/Help/CrossCountry.aspx?Meet=153440>

SCHEDULE

08:00 AM – 2:00 PM	Packet Pickup
08:45 AM	Bob Shor GP Awards Presentation
09:45 AM	Course Walks
11:00 AM – 2:00 PM	Group 1 – 3 Qualification Races
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/>

ALL ATHLETES WILL COMPETE AS “UNATTACHED” REGARDLESS OF CLUB AFFILIATION.

NO TEAM SCORING

PER CIF RULES, ATHLETES MAY NOT COMPETE WEARING ANY HIGH SCHOOL UNIFORM OR ITEM WHICH MAY SUGGEST THEY ARE COMPETING FOR THEIR HIGH SCHOOL

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)*
- *Left 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**.