

Cross Country Rules and Guidelines

USATF Pacific Cross Country Event Rules

Updated 4/6/20

1. The annual USATF Pacific Cross Country Grand Prix combines 8 to 11 Northern California/Northwest Nevada dirt and grass races into a series. The USATF Pacific Cross Country Co-Chairs and Scorer (under the wing of the Association's LDR Committee) organizes the series and administers the Grand Prix aspect. A series program is published each year to announce the series schedule. Programs begin in late summer and end in November. This Guide serves in conjunction with USATF National Competition Rules and Guidelines.
2. The Cross Country Grand Prix is designed to encourage the development of post-collegiate athletes and to provide competitive cross country opportunities for older athletes as well. All scoring individuals must be current USATF Pacific members. Visit [this page](#) to for information about becoming a USATF PACIFIC member. [Click here to view Membership Eligibility Guidelines](#)
3. The divisions for the Cross Country Grand Prix are as follows:

OPEN (16 & older) (Younger runners and high school runners may participate unattached, but are not eligible for individual or team scoring or prize money.)

40+ (40 & older) (Masters)

50+ (50 & older) (Seniors)

60+ (60 & older) (Super Seniors)

70+ (70 & older) (Veterans)

80+ (80 & older) (Super Veterans)

These divisions apply to both individual and team scoring.

1. **INDIVIDUAL SCORING** for each Grand Prix event will be as follows:

Place	Open, 40+, and Men 50+	50+ Women, 60+ Men	60+ Women, and 70+ and 80+
1	150	75	18
2	135	63	13.5
3	120.5	52.5	12
4	109.5	48	10.5
5	103.5	43.5	9
6	99	39	7.5
7	94.5	34.5	6
8	90	31.5	4.5
9	85.5	28.5	3
10	81	25.5	1.5
11	76.5	22.5	
12	72	21	
13	67.5	19.5	
14	64.5	18	

15	61.5	16.5	
16	58.5	15	
17	55.5	13.5	
18	52.5	12	
19	49.5	10.5	
20	46.5	9	
21	45	7.5	
22	43.5	6	
23	42	4.5	
24	40.5	3	
25	39	1.5	
26	37.5		
27	36		
28	34.5		
29	33		
30	31.5		
31	30		
32	28.5		
33	27		
34	25.5		
35	24		
36	22.5		
37	21		
38	19.5		
39	18		
40	16.5		
41	15		
42	13.5		
43	12		
44	10.5		
45	9		
46	7.5		
47	6		
48	4.5		
49	3		
50	1.5		

2. TEAM SCORING

The basic team scoring for each Grand Prix event will be as follows:

1st place – 15 points

2nd – 13.5

3rd – 12

4th – 10.5

5th – 9

6th – 7.5

7th – 6

8th – 4.5

9th – 3

10th – 1.5

3. A traditional cross country scoring system, which uses place instead of time (as is done in Roads), will be used to score teams:
 - A. Points will be assigned based on an individual's finishing place in their division, e.g. 1st place = 1 point, 2nd place = 2 points, etc.
 - B. Only runners with current USATF Pacific memberships, competing for a PA team, will be scored. Runners on "incomplete" teams (see sections 5.C and 5.D), unattached runners, runners not on PA teams, and runners without valid USATF Pacific memberships WILL NOT be included in team scoring.
 - C. For Men's Open and 40+ and Women's Open divisions, only the team's top 5 runners will score, with the 6th and 7th runners acting as displacers. Runners finishing 8th and above for a team WILL NOT be included in scoring (except for B teams; see section G). If one of these teams fails to finish 5 runners, they are considered "incomplete" and WILL NOT be included in scoring.
 - D. In Women's 40+ and 50+ and Men's and Women's 60+, 70+, and 80+ divisions, the team's top 3 runners will score, with the 4th and 5th runners acting as displacers. In Men's 50+ division, the top 4 runners will score with the 5th and 6th runners displacing. For Men's 50+ division, 3 runner teams (with 2 displacers) will be scored after all 4-runner teams have been scored. Runners not scoring or displacing for a team will not be included in the team scoring (except for B teams; see section G).
 - E. The sum total of the top 5 or top 4 or top 3 runners' points (depending on division) will constitute the team score, with the low score winning. In the case of a tie, the team with the lower placed fifth (or third or fourth) runner wins.
 - F. (Reserved)
 - G. B teams. Runners placing 8th – 12th for 5-person teams (men's and women's open and men's masters) or 6th – 10th for 3-person teams and 7th – 11th for 4-person teams, may displace other teams but will not earn team points for their team.
 - H. Runners may earn individual points even if they fail to score for their team.
 - I. Teams DO NOT need to declare their runners prior to competition.
 - J. Runners dropping down in age divisions for team scoring purposes must run in the race in the appropriate age division race. (Individual points will only be awarded for the age division race in which the runner competed). If there are separate Open and Masters races, and a Master runner competes in the Open race for team scoring purposes, that runner may earn individual points in the Open division, but no points will be awarded in the Masters individual division. If a runner wishes to score in both Open and Masters races, they must have separate paid registration for both races and run both races.
4. Each individual and team will score season-end points in a "best-of" five plus the USATF Pacific Championship race. The Championship race is not required, but an individual or team that does not score points in the Championship race will in effect be able to count scores in one fewer race. There is no minimum number of events required to accumulate season-end points.
5. All grand prix award winners must be PA/USATF members.
6. Each race in the series gives \$1,500 in prize money. The race sponsor determines the distribution of this prize money to teams, individuals, and age divisions. The race sponsor distributes the individual prize money directly to prize winners. The team prize money for each race is sent to the PA Office, where it is consolidated and distributed to the clubs at the end of the year. In addition, each race sends \$100 to the PA office to support PA efforts at athletic development. The funds sent to the PA Office must be submitted within 7 days following the race.
7. Season-End Prize Distribution: Season-end prize money, and possibly merchandise, will be awarded to top individuals and/or teams in the Grand Prix. The prize money breakdown is based on an \$8000 year-end grand prix purse (teams and individuals). If the purse is a different amount, the awards in these table will be prorated accordingly:
 - A. Individuals.** In distribution of season-end prize money to individual athletes, it is possible for an older runner to place and collect a cash award in more than one division. As an example, the winner of the master's division (\$175) might also place 6th in the open competition (\$50). In this situation, the athlete would receive \$225.

Place	Open	Master
1st	\$625	\$175
2nd	\$375	\$100
3rd	\$200	\$75
4th	\$150	\$50
5th	\$100	
6th	\$50	

B. Teams:

Place	Open	Master
1st	\$600	\$250
2nd	\$400	\$125
3rd	\$300	
4th	\$200	

8. Complimentary Entries: For Open divisions only, the top five individuals in the season-end grand prix standings will receive complimentary entries to all grand prix events in the following season. For all other age divisions, only the individual season-end division winners will receive complimentary entries. In order to receive a complimentary entry to a race, an athlete who has earned complimentary entries must pre-register with the race.

9. Club/team results for each Grand Prix race should be submitted according to Section 18 of the LDR Guide.

10. In order for an event to be considered for inclusion in the Grand Prix, it must meet the following requirements:

- A. USATF-sanctioned event.
- B. Safety to athletes.
- C. Ability to handle a medical emergency.
- D. Well-marked course.
- E. Accurate timing.
- F. Well-measured course.
- G. Timely results, received by the Grand Prix scorer or the USATF Pacific office within 3 days via email including name, age, and time in text format, using commas or tabs as separators, or spreadsheet format.
- H. Indication of each competitor's age (open, 40-49, 50-59, 60-69, etc.) on entry forms/results (in order to score age division competition).
- I. Adequate refreshments and restroom facilities at the start/finish line.
- J. Share in promotion of other XC Grand Prix events.
- K. Assist with promotion of sponsors.
- L. The LDR will generally not schedule more than one Grand Prix XC or Road event on the same weekend.
- M. Provides \$1,500 in prize money plus \$100 for PA expenses.

11. For PAUSATF Cross Country Events, USATF Rule 255/ APPAREL is our guideline for uniform requirements. The jersey or singlet worn by the members of a team in cross country shall be basically matching for each member in color and pattern, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty. Team members may wear different cuts of tops (t-shirt, singlet, crop-top, etc.) as long as the color, team name, and logo are basically the same.

Athletes not wearing a club singlet for a legitimate reason (such as those athletes required to wear a national sponsor's uniform) must meet this requirement by wearing a clearly visible pinned-on club designation on the back of the racing singlet during PA/USATF LDR competition.

An athlete not meeting these requirements may be subject to disqualification from team scoring. Such disqualification is not automatic but may occur upon protest by another club or athlete.

12. All selections of Grand Prix events, rules decisions, and protests will be considered by the USATF Pacific Long Distance Running Committee. Rules and policies will be in keeping with those of USA Track & Field.

- All events will have an opportunity to bid. The XC Chairs will review the bids for recommendation purposes, however the final selection will be done by the regular LDR committee. All bids must be submitted in writing. The Pacific Association/USATF office has created a bid form for this purpose. Contact the XC Chairs for more information.
- XC Chairs and XC Scorer contact information may be found on this website's [Contact Page](#).