



USATF PACIFIC ASSOCIATION

YOUTH CROSS COUNTRY CHAMPIONSHIPS

Sunday November 20, 2022

Willow Hills Cross Country Course, Folsom, CA

REGISTRATION

**ENTRY DEADLINE IS 11:59 PM,
SUNDAY, NOVEMBER 13, 2022**

*****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 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:

[Pacific Association XC Junior Olympic Championships
https://www.athletic.net/CrossCountry/meet/210240/register](https://www.athletic.net/CrossCountry/meet/210240/register)

No late registration will be accepted.

The **TOP-30 individuals** and **TOP-5 teams** in each division will advance to the Region 14 Junior Olympic Championships on 11/27. Entry into the Region 14 meet is NOT automatic.

Entry must be completed through athletic.net no later than 9:00 PM on Friday 11/25:

[USATF Region 14 Junior Olympic Championships
https://www.athletic.net/CrossCountry/meet/210239/register](https://www.athletic.net/CrossCountry/meet/210239/register)

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 12/10.

COURSE DESCRIPTION

The Willow Hills Cross Country Course, adjacent to Folsom High School, is a dedicated trail area that is one of the premiere 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.**

Schedule:

08:00 AM	Course opens for preview- Self Guided Coursewalk
09:00 AM	Presentation of PAUSATF Grand Prix Competition Winners
<u>Start</u>	
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

All races will utilize finish line cameras to ensure accuracy of placing and time. 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 by 8:00 PM the day of the race.

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

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.

[2022 USATF Age Divisions](#)**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>. You will need a Visa 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 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.

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.**

Team award for the first place team in each division

DIRECTIONS & PARKING

The Willow Hills Cross Country Course is located behind Folsom High School adjacent to the student parking lot. The address is:

1655 Iron Point Road
Folsom, CA 95630.

<https://goo.gl/maps/wCNSdsWzByqthpgF8>

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.