

USATF REGION 14

YOUTH CROSS COUNTRY CHAMPIONSHIPS

Sunday November 27, 2022

Willow Hills Cross Country Course, Folsom, CA



The TOP-30 individuals and TOP-5 teams in each division from the Pacific Association and Central California Association Junior Olympic Cross Country Championships on 11/20/2022 are eligible to enter the Region 14 Junior Olympic Championships

- Pacific Association Junior Olympic Cross Country Championships Entry: [<CLICK HERE>](#)
- Central California Association Junior Olympic Cross Country Championships: [<CLICK HERE>](#)

REGISTRATION

Registration is via [athletic.net](https://www.athletic.net):

<https://www.athletic.net/CrossCountry/meet/210239/register>

ENTRY DEADLINE IS 11:59 PM, Friday November 25, 2022

USATF Membership and Age Verification Required

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
Start	
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 transponders and 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/>



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 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 through the club's USATF Connect account.

Pacific Association clubs can verify their roster at: <https://www.pausatf.org/data/clubs.php>

Cross Country Team Scoring Divisions

Division

8 and Under

9 – 10

11 – 12

13 – 14

15 – 18

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



High School/Collegiate Athlete Waivers

Per USATF Rule 306.3 (f): “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.”

To qualify for individual waiver into the 2022 Region 14 Cross Country Junior Olympic Championships, an athlete must:

- Enter in the Pacific Association or Central California Junior Olympic XC Championships on 11/20/2022
- Compete in a qualifying high school or collegiate competition within 48-hours of the association championships or compete in the CIF Championships on 11/27/2022
- Email request for waiver with evidence of participation in a qualifying meet to dlaw222@aol.com and pa.youthXC@gmail.com prior to the association meet entry deadline.

Club head-coaches may request team waiver provided they have one or more athletes qualifying for waiver AND “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.” Include athlete waiver information and club roster for consideration.

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.