

Cross Country Rules and Guidelines

USATF Pacific Cross Country Event Rules

Updated 3/1/26

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. Races begin in the late summer and end in November. This Guide serves in conjunction with USATF National Competition Rules and Guidelines.

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.

Age division scoring for the Cross Country Grand Prix will be based on a runner's age on race day. To enable runners who enter a new decade during the year to complete a full year of GP scoring, they will continue to be scored in the younger age division for the remainder of the year if they run in a race that includes that age division, and they will begin to be scored in their new age division upon their birthday. Thus, for example, a 50 year-old runner will continue to be scored with the 40-49 year olds for the remainder of their 50th year. So, in effect, the age divisions are as follows:

OPEN (16 to 40) (Younger runners and high school runners may participate unattached, but are not eligible for individual or team scoring or prize money.)

40 to 50

50 to 60

60 to 70

70 to 80

80+ (80 and older)

Individual GP scoring and standings will be calculated in two ways:

(1) For purposes of determining age division champions and comps for the coming year, standings will be kept by age division, not including runners in older age divisions.

(2) For prize money, scoring and standings will be by age+, with no double dipping.

These divisions apply to individual scoring. For team scoring, older runners can be dropped down to score on a younger division team if they run in the heat associated with that team.

1. INDIVIDUAL SCORING for each age division will be as follows:

Place	Points	Place	Points
1	150	51	50
2	135	52	49
3	125	53	48
4	120	54	47
5	116	55	46
6	113	56	45
7	110	57	44
8	108	58	43

9	106	59	42
10	104	60	41
11	102	61	40
12	100	62	39
13	98	63	38
14	96	64	37
15	94	65	36
16	92	66	35
17	90	67	34
18	88	68	33
19	86	69	32
20	84	70	31
21	82	71	30
22	80	72	29
23	78	73	28
24	77	74	27
25	76	75	26
26	75	76	25
27	74	77	24
28	73	78	23
29	72	79	22
30	71	80	21
31	70	81	20
32	69	82	19
33	68	83	18
34	67	84	17
35	66	85	16
36	65	86	15
37	64	87	14
38	63	88	13
39	62	89	12
40	61	90	11
41	60	91	10
42	59	92	9
43	58	93	8
44	57	94	7
45	56	95	6
46	55	96	5
47	54	97	4
48	53	98	3
49	52	99	2
50	51	100	1

2. 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's and Women's Open divisions, 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). **Teams with only 4 runners will score after all 5-runner teams. (Ties among 4-person teams will be broken by the placement of the 4th runner.) Teams with less than 4 runners WILL NOT be included in the scoring.**

D. In Women's 40's and 50's and Men's and Women's 60's, 70's, and 80's divisions, the team's top 3 runners will score, with the 4th and 5th runners acting as displacers. In Men's 50's division, the top 4 runners will score with the 5th and 6th runners displacing. For Men's 50+ division, 3-runner teams will be scored after all 4-runner teams have been scored. (Ties among 3-person teams will be broken by the placement of the 3rd runner. 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 that age division's 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, 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 and team prize money directly to prize winners.** 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:

Place	Open	Master	Senior
1st	\$625	\$175	\$50
2nd	\$375	\$100	\$25
3rd	\$200	\$50	
4th	\$150		
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](#).