



# USATF PACIFIC ASSOCIATION

## YOUTH CROSS COUNTRY CHAMPIONSHIPS

Sunday November 19, 2023  
West Valley High School  
Cottonwood, CA

### REGISTRATION

**ENTRY DEADLINE IS 11:59 PM,  
SUNDAY, NOVEMBER 12, 2023**

**\*\*\*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](http://www.pausatf.org/youth)

**Registration is via athletic.net:**

[Pacific Association XC Junior Olympic Championships  
https://www.athletic.net/CrossCountry/meet/226599/info](https://www.athletic.net/CrossCountry/meet/226599/info)

**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 11/26. Entry into the Region 14 meet is NOT automatic.

Entry must be completed through athletic.net before the Region 14 registration deadline:

[USATF Region 14 Junior Olympic Championships  
https://www.athletic.net/CrossCountry/meet/226600/info](https://www.athletic.net/CrossCountry/meet/226600/info)

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 12/9.

**COURSE DESCRIPTION**

The West Valley High School Cross Country Course, adjacent to West Valley High School, is a dedicated trail area that is one of the premiere cross country venues in Northern California. All routes 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. All courses finish on the stadium track.

**Spikes are NOT permitted.**

**Schedule:**

08:00 AM	Packet Pickup
09:00 AM	Coursewalk
<b><u>Start</u></b>	
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/>

**AWARDS**

The top fifteen (15) individual finishers in each division will receive medals. The first place team in each division will be awarded a team champion trophy.

**DIRECTIONS & PARKING**

The West Valley High School Cross Country Course is located behind West Valley High School adjacent to the stadium. The address is:

3805 Happy Valley Rd  
Cottonwood, CA 96022

<https://maps.app.goo.gl/WQxJVrfkofU1Mmr56>

Free parking is available in the school parking lots.

## 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.

### USATF Age Divisions 2023

8 & Under born	2015+
9-10	2013-2014
11-12	2011-2012
13-14	2009-2010
15-16	2007-2008
17-18	2005-2006

### 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 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 be changed 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:**

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.