



2024 USATF REGION 15 Junior Olympic Cross Country Championships

Sunday, November 17, 2024

Central Park, 27150 Bouquet Canyon, Santa Clarita, CA 91350

ABOUT THE CHAMPIONSHIPS: San Diego Imperial, Southern California, Hawaii and the Nevada Associations of USATF comprise Region 15. The USATF Southern California Association (USATF-SCA) is the 2024 host of these championships. USATF is the National Governing Body for track and field, long-distance running and race walking in the United States. The USATF Region 15 Junior Olympic Cross-Country Championships is a series event which begins at the Associations level of competition. Associations advance athletes to the region meet to compete for the opportunity to represent their association and region at the USATF National Junior Olympic Cross-Country Championships. The national championships will be held on December 14, 2024, in Shelbyville, Indiana.

ENTRY INFORMATION

- **INDIVIDUALS:** Athletes must have competed and qualified or have been granted a waiver at the Association level of competition to compete.
- **TEAMS:** Only registered 2024 USATF member clubs may enter a team(s). All athletes representing a club must be affiliated with and members of that club as part of their USATF membership.

Age DIVISIONS & DISTANCES

AGE DIVISION	RACE DISTANCE	NOTES
8 & Under (born 2016+)	2km (1.24 miles)	<ul style="list-style-type: none">• Age is determined as of 12/31/2024• Runners aged 6 and under may compete at this meet, but will NOT be able to advance onto nationals• Runners must turn the age of 7 by 12/31/2024 to move onto the national championships from regionals
9 & 10 (born 2014-2015)	3 km (1.86 miles)	
11 & 12 (born 2012-2013)	3 km (1.86 miles)	
13 & 14 (born 2010 –2011)	4 km (2.48 miles)	
15 & 18 (born 2006–2009)	5 km (3.1 miles)	

MEET SCHEDULE: Race times may start later, but NOT earlier than listed below.

RACES	DIVISIONS	START TIME
Self-Guided Course Walk	All	7:30
1	8U GIRLS	8:30
2	8U BOYS	8:50
3	9/10 GIRLS	9:10
4	9/10 BOYS	9:35
5	11/12 GIRLS	10:00
6	11/12 BOYS	10:25
7	13/14 GIRLS	10:50
8	13/14 BOYS	11:15
9	15/18 GIRLS	11:40
10	15/18 BOYS	12:10

REGISTRATION ENTRY FEES & DEADLINES

- **Entry Fee:** \$15 per athlete (nonrefundable and includes service fees)
- **Register online at** <https://www.athletic.net/CrossCountry/meet/248712/register>
 - **GENERAL REGISTRATION WINDOW**
 - **OPENS** on November 11th at 12:00am
 - **CLOSES** on November 13th at 11:59pm.
 - **MOVE UP REGISTRATION WINDOW:** Following the close of the general registration period above, we will open back up the registration to allow the potential for alternates to move up and register. Any runners that declared themselves as exhibition during their association meet will open that equal number of spots to the alternates in order of placing at their respected association meets.
 - **OPENS** on November 14th at 12:00pm
 - **CLOSES** on November 15th at 11:59pm
 - **Late entries will NOT be allowed.** Athletes not registered by this time will not compete in the meet.
 - **Fees** must be paid online by the close of registration.
- **PARTICIPANT WAIVER & RELEASE FORM:** The mandatory waiver and release form is integrated into the online system.

WAIVER PROCESS

- **High School Athletes** that have a conflicting state cross country championship meet and wish to compete at the National Junior Olympic Cross Country Championships **can request a waiver from Ryan Yohn youthxc@scausatf.org by Monday November 11th**. Per USATF Rule 306.3(d) – if the waiver is accepted by the USATF Youth Executive Committee, they will be advanced directly to the USATF National Junior Olympic Cross Country Championship.
- **NOTE:** You must still **REGISTER** and **PAY** for their entry fee by the registration due date.
- For any other waiver requests, please email Ryan Yohn at youthxc@scausatf.org by Monday November 11th.

DIVISION TEAM ENTRIES and SCORING

- A team consists of 5 to 8 runners in a division. The top 5 finishers of that team will score.
- When entering your team into the athletic.net, you must declare which athletes are on your scoring team (A, B, C, etc.).
- Clubs may submit changes to their scoring teams no later than 7:30 a.m. on the morning of the meet
- **IN THE EVENT of a TIE BETWEEN TWO OR MORE TEAMS:** Ties between two or more teams shall be resolved in favor of the team whose last scoring member finishes nearer to first place

ADVANCEMENTS TO NATIONALS

- Top **30** individuals and top **5** teams in each age group will advance to the USATF Junior Olympic National Championships
- Age groups 15-16 and 17-18 will be combined in team scoring only; the top 5 teams will advance.
- The USATF JO National Championships will be held on **Saturday December 14th** in Shelbyville, Indiana.

AWARDS: Region medals will be awarded to the top 30 finishers in each age division. Team championship awards will be given to the top 3 teams in each division. The 15/18 division will NOT be given team awards.

PARKING: There is plenty of free parking near the course

COURSE DESCRIPTION: The course is mostly dirt with portions of grass and includes up to two significant climbs. Please review course maps posted on Athletic.net.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition, chest-high on the front of their jerseys. Bib numbers will be distributed to team coaches and the representative of unattached athletes at the registration table on the day of the meet. *Please do not pin the bottom of the bibs so they can be easily torn off in the chute.*

EVENT RESULTS: During competition, event results will be posted at the results table within 15 minutes of the race. In addition, event results will be posted on Athletic.net within the day.

IMPORTANT MESSAGE for PARENTS and COACHES:

- After the course walk, spectators (including parents and coaches) must respect the portions of the course coned off for **ONLY** the COMPETITORS.
- You **cannot** pace athletes or spray water on them during the race.
- Any interference with the start line and finish line officials will result in an ejection from the meet
- If you have a protest or grievance, please give it in writing to the results table and they will forward it on to the proper meet management personnel.

SITE CLEANLINESS: Please assist us in policing your own area for trash! It takes all of us to keep the facilities willing to allow us to return year after year.

CHAMPIONSHIP GEAR: T-Shirts and Sweatshirts will be sold at the meet

MEET DIRECTOR:

Ryan Yohn

(714) 357-2253

E-mail: youthxc@scausatf.org

SCA YOUTH CHAIR

Demetrius Wilson

(562) 879-1592

E-mail: youth@scausatf.org

REGION COORDINATOR

Michael Adkins

(619) 871-6836

E-mail: youth@sandiego.usatf.org

THIS MEET IS USATF SANCTIONED