



USA Track and Field South Carolina
Region 4 Cross Country Championship
Saturday, November 22, 2014
Whispering Pines Golf Course
900 Harrelson Blvd.
Myrtle Beach, SC 29577



Age Divisions	Born	Distance	Girls	Boys
8 & Under	2006 +	2K	9:30 a.m.	9:45 a.m.
9 & 10	2004 or 2005	3K	10:00 a.m.	10:20 a.m.
11 & 12	2002 or 2003	3K	10:50 a.m.	11:10 a.m.
13 & 14	2000 or 2001	4K	11:30 a.m.	11:50 a.m.
15 & 16	1998 or 1999	5K	12:15 p.m.	12:45 p.m.
17 & 18	1996 or 1997	5K	12:15 pm.	12:45 pm.

ENTRY FEES: \$15.00 for each participant.

DIVISION RULES: All participants must run in their proper age division.

ELIGIBILITY: The top 30 individuals and top 5 teams from the USATF SC Region 4 Meet will qualify for the **2014 National Junior Olympic Championship on December 13th to be held at Whispering Pines Golf Course in Myrtle Beach, SC.**

REGISTRATION: Online registration will be done on CoachO: usatfregistration.com/track/entry/sc_usaxcregion4
Please contact your Region Coordinator for questions: Thaddeus Sligh (864)230-3995 or email: 2sligh@excite.com.

AWARDS: The top 30 finishers will receive awards. Medals will be awarded to the top 20 finishers and ribbons to the next 10 finishers in each age division/gender. Medals will be awarded to the top 3 teams.

TEAM ENTRY AND SCORING: The names of the team members must be selected from the downloaded roster from the USATF membership database "A," "B," "C," etc. team to be eligible as scoring members of the team. **A team will consist of a minimum of five and a maximum of eight runners with the first five finishers being used to compute the score based on place.** The 2013 USATF Competition Rules for Athletics will be followed.

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THE COURSE: The course will open at 8:00 a.m. on Saturday for walk-thru. The course will be closed at 8:45 a.m. No one will be allowed on the course for warm up after that time. There is plenty of area for warm up in the adjoining field areas.

NUMBERS: The race numbers are to be worn on the front of your singlet or shirt and pinned in a flat manner. Do not tear off strips!!! To receive numbers see packet pick-up.

Chip Timing: We will be using chip timing and the instructions will be in the packet. The chips **MUST** be returned at the end of the race. The chips will be in the packets attached to the bibs.

NATIONALS: The top 30 individuals and top 5 teams from the USATF Region 4 Championships will qualify for the USATF National Championships. The meet will be held on Saturday, **December 13, 2014 at Whispering Pines Golf Course.** Declarations for the National Championships must be done online prior to the entry close date and time. **The National entry fee is \$20.00/athlete.**

Waivers to the National JO Championship can only be approved by the National Youth Executive Committee. You must first go through your Region Coordinator, Thaddeus Sligh with your written request.

FACILITY RULES & GUIDELINES:

1. Remember we are guests of Whispering Pines Golf Course
2. Barbecuing will not be allowed on site.
3. Please do NOT bring loud radios or music, **pets**, or unnecessary distractions to the meet.
4. Please keep the facility clean. Place trash in the waste receptacles near you before leaving.
5. Alcoholic beverages will not be allowed.

For USATF Cross Country see Rule 305.3.

For Apparel see Rule 253.

****PACKET PICK-UP: The race numbers may be picked up on Friday November 21th from 3pm to 7pm in the lobby of the Sheraton Convention Center located at 2101 Oak Street, Myrtle Beach, SC. After 7pm you can pick your packet up at the Course on Saturday morning prior to your race.**