2026 USATF Region 4 Junior Olympic Cross Country Championships

Hosted by the USATF South Carolina Association

Saturday, November 21, 2026

Winthrop University
1162 Eden Terrace
Rock Hill, SC 29730

Schedule & Age Divisions

Age Division	Distance	Female Start	Male Start
Course Walkthrough (self-led)		07:30 AM – 09:45 AM	07:30 AM – 09:45 AM
8 & Under (born 2018+)	2 km (1.24mi)	10:30 AM	11:00 AM
9-10 (born 2016-2017)	3 km (1.86mi)	11:30 AM	12:00 PM
11-12 (born 2014-2015)	3 km (1.86mi)	12:30 PM	1:00 PM
13-14 (born 2012-2013)	4 km (2.48mi)	1:30 PM	2:00 PM
15-16 (born 2010-2011), 17-18 (born 2008-2009)	5 km (3.11mi)	2:30 PM *	2:30 PM *

** All 5ks for both genders will be combined and run at 2:30pm. However, If sufficient numbers of each gender register, then the Females (15-18) will be run at 2:30, and the Males (15-18) will run at 3:00pm.*

Course Preview: The course will be open for preview Saturday, November 21st from 7:30am until 09:45am

Course: Starts and ends on open grass fields. Spikes are recommended.

Eligibility Requirements:

Individuals: Current USATF membership is required to compete. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to registration and participation.

The USATF Junior Olympics is a progression-based program. Athletes must first compete in the Association meet. Athletes that qualify at the Association meet then compete in the Regional meet. Athletes that qualify at the Regional meet then advance to the National meet.

NOTE: All athletes by now should have a current and date-of-birth verified USATF membership, as all athletes in the Regional meet were required to have registered for their respective Association meet.

Teams: Only registered USATF member clubs may enter a team. All athletes representing the club must be affiliated with that club as part of their USATF membership. To enter a team, a club must complete the team entry/declaration process during online registrations. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional, or National championships.

Team Scoring: Eight (8) athletes on the team entry/declaration form may be declared as scoring athletes. The top five (5) finishers among the declared runners will score. Clubs may enter multiple teams per age division. For purposes of team scoring, athletes in the 15-16 and 17-18 age divisions are combined into a single division.

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 at the host venue:

- Saturday, **November 21 - beginning at 8:00 am**

Registration / Entries:

Registration opens Monday, November 16th and closes 11:59pm Wednesday, November 18th. Only online entries will be accepted. Please visit athletic.net to enter. **Entry fees are $15.00 per athlete**.

Payments: The online entry system accepts all major credit cards; however, USATF prefers VISA.

Event Results: During competition, event results will be online at http://www.mitchelltiming.com, and online afterwards at www.athletic.net and www.usatfsc.org.

Award Location: There will be no awards ceremony. Individual awards will be distributed at the finish line. Team awards will be mailed to coaches.

Awards: Medals will be awarded to the top three (3) finishers in each age division, and to fourth thru thirtieth (4^{th} – 30^{th}) finishers in each age division. Medals will be awarded to the top three (3) teams. Medals for teams will be for the 5 scoring members only.

Advancements:

Region to National: The top 30 individuals by age division and the top five (5) scoring teams will advance from the Regional Championships to the National Championships.

The 2026 USATF National Junior Olympic Cross-Country Championship will be contested December 12, 2026, at Moncus Park in Lafayette, LA. Registration open 09:00 Monday, 11/23/2026.
Register for the USATF National Junior Olympic Cross-Country Championships.

Protests: There will be a $75 fee for all protests. Protests must be submitted in writing to the Protest Table (at once and not later than 10 minutes after results for the race has been posted. All protest fees must be paid either in cash or by check. The protest fee will be refunded only if the protest is upheld. The Referee shall rule on the protest. The Referee's ruling may be appealed to the Protest Committee. The ruling of the Protest Committee is final. If no Protest Committee is established, then the ruling of the Referee is final.

Facility Rules: The following items and activities are not permitted: Unleashed pets, alcoholic beverages, glass containers, tobacco products, vaping, loud music, profanity, barbecuing, and disrespect towards officials or athletes.

Restrooms: Bathrooms will be located between the start and finish lines.

Cleanliness: Please bag all trash and otherwise leave the facility in as good a condition as when you arrived.

Parking: On site adjacent to the course and directly across the street

Tents: Team Tent location will be marked at the venue.

Volunteers: If you would like to volunteer to help conduct the meet, please complete a Volunteer Application.

Waivers:

- The standard Rule 300h waiver (non-resident) is available to youth athletes.
  - The Rule 300h waiver must be submitted via the USATF Connect system.

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Contact:

USATF SC Youth Chair (youth@southcarolina.usatf.org)

USATF SC Membership Chair (membership@southcarolina.usatf.org)

USATF Region 4 Coordinator (lamar@drivephaseinc.com)

Questions / Concerns:

Please call or text the USATFSC Youth Chair at 203-982-2820.

Course Maps

NOTE: The XC courses are being modified, and will be available Tuesday, Nov 17, 2026.