



CLUB YOUTH MEETS



The following are Youth meets sponsored or hosted by USATF Clubs. Club meets generally are not sanctioned by USATF, thus they do not appear on the main USATF Association web page.

These are great meets with some excellent competition.

October 7 Crooked Creek (Chapin) hosted by The Storm
October 14 Lexington
October 21 Mt. Pleasant
October 28 Aiken

Of course, the following USATF Youth Cross-Country Championships are indeed sanctioned.

November 11 USATF South Carolina Association Junior Olympic
 Cross-Country Championships (Newberry, SC)
November 18 USATF Region 4 Junior Olympic Cross-Country
 Championships (Lakeland, FL)
December 09 USATF National Junior Olympic Cross-Country
 Championships (Louisville, Kentucky)

4th ANNUAL LEXINGTON WILDCATS YOUTH CROSS COUNTRY INVITATIONAL



WHERE: 620 Broad Street Leesville, SC 29070

WHEN: October 14th, 2023 (rain or shine)

SCHEDULE: 8:45am – Walk-thru of course

SCHEDULE: 8:45am – Walk-thru of course

9:30am – 8&U Girls 2K

Rolling Start– 8&U Boys 2K

Rolling Start – 9/10 Girls 3K

Rolling Start – 9/10 Boys 3K

Rolling Start – 11/12 Girls 3K

Rolling Start – 11/12 Boys 3K

Rolling Start – 13-18 Girls 4K

Rolling Start – 13-18 Boys 4K

AWARDS: Top 10 athletes in each age/gender bracket will receive awards. Awards will be given out at the finish line as athletes complete their race.

COURSE DESCRIPTION: This course is a combination of sand and dirt trails weaved through the woods with multiple hills. There is no concrete or pavement on this course. The course starts and finishes are both on flat, even terrain. Spikes are welcomed.

RACE RESULTS: Results will be emailed to each team's Head Coach by Thursday October 20th, 2023

QUESTIONS: Please contact Anna Owens at 803-553-9284 or lexingtonyouthtrack@gmail.com.

MT. PLEASANT TRACK CLUB
CROSS COUNTRY MEET
1251 Park West Blvd, Mt. Pleasant, SC
Meet at Track

WHEN: Saturday, October 21, 2023
TIME: 8:45 Walk-Thru
9:30 2K (8 and under Girls)
9:45 2K (8 and under Boys)
10:00 3K (9-10 Girls)
10:30 3K (9-10 Boys)
11:00 3K (11-12 Girls)
11:30 3K (11-12 Boys)
12:00 4K (13 and up Girls/Boys)

WHERE: Mt. Pleasant Sports Complex at Park West. (track)

AWARDS: We will be awarding the Top 10 medals in each age group: 8 and under, 9-10, 11-12, 13-14, 15-18 boys and girls. Awards will be given to the Top 10 in the chute. No awards ceremony after the meet.

COURSE DESCRIPTION: The course is a combination of grass, bike trails and dirt trails with one hill. The races start and finish on the football field, inside the track. I would not recommend spikes.
BATHROOMS: They are in the gymnasium. Please keep your kids out of the gym area.

RACE RESULTS: We will send out results Saturday afternoon as well as post on our website. (www.mptrackclub.com)

PRE-REGISTRATION: There is no fee, but I need your roster entered in Athletic.net by Tuesday, October 17. Call Tami Dennis at 843-817-8560 if you have questions.

Palmetto Track & Field



Palmetto JO Cross-Country Meet

Saturday, October 28th, 2023

Generations Park, Aiken, South Carolina

700 Mack Henry Holland Dr, Aiken SC

Join Aiken's Palmetto Track and Field at Generations Park's cross-country courses. The courses are strategically and entertainingly difficult, featuring drivable trails over long inclines and sandy terrain. Last ¼ mile is viewable and slightly downhill.

Packet Pickup begins Saturday 8:30 am, Courses will remain open until first race begins. Five separate races will be run, combining some gender and age groups.

	<u>Age Divisions/Race</u>	<u>Distance</u>	<u>Gender</u>	<u>Race Time</u>
	<i>WALK Through</i>			<i>9:00 am (semi-guided)</i>
Race #1	8& Under	2K	Girls and Boys	10:00 am.
Race #2	9 - 10 11 - 12	3K	Girls	10:30 am. (age groups scored separately)
Race #3	9 - 10	3K	Boys	11:00 am
Race #4	11 - 12	3K	Boys	11:25 am
Race #5	13 - 14 15- 18*	4K	Girls and Boys	11:55 am.

ELIGIBILITY: All participants must run in their proper age division based on year of birth. The event will be run based on USATF rules. *Age 15-18 is scored as a single age group (5K course will open for use, but finishers scored with 4K).

COURSE DESCRIPTION: Race course starts and ends on flat, open fields, remainder is graded trails through woodlands. Course feature several flat sections, and a long, steeply inclined section mid-way each race. Terrain includes loose sand, packed sand, grass, and pine straw covered sand. Last ¼ mile (2K, 3K) or 3/8 mile (4K, 5K) is on flat, grassy fields, slightly downhill, in full view for spectators. No paved or hard-pack sections. Spikes allowed and useful (deep sand), but the course can be run in normal flats. Course maps are included. Courses will remain open until the first race.

TEAM ENTRY AND SCORING: Entry will be via athletic.net or just contact Charles McKeel (camckeel@gforcecable.com) for alternate entry instructions. The entry format (input file will be emailed to you upon request, or follow format shown below). There are no fees. First 8 runners on a team will be counted if no subgroup is designated. Alternatively, you may elect to specify team assignment by "A," "B," "C," designations.

Teams and participants must be pre-registered by Tuesday, Oct 24th. Minor roster additions/swaps may be accommodated during packet-pick-up.

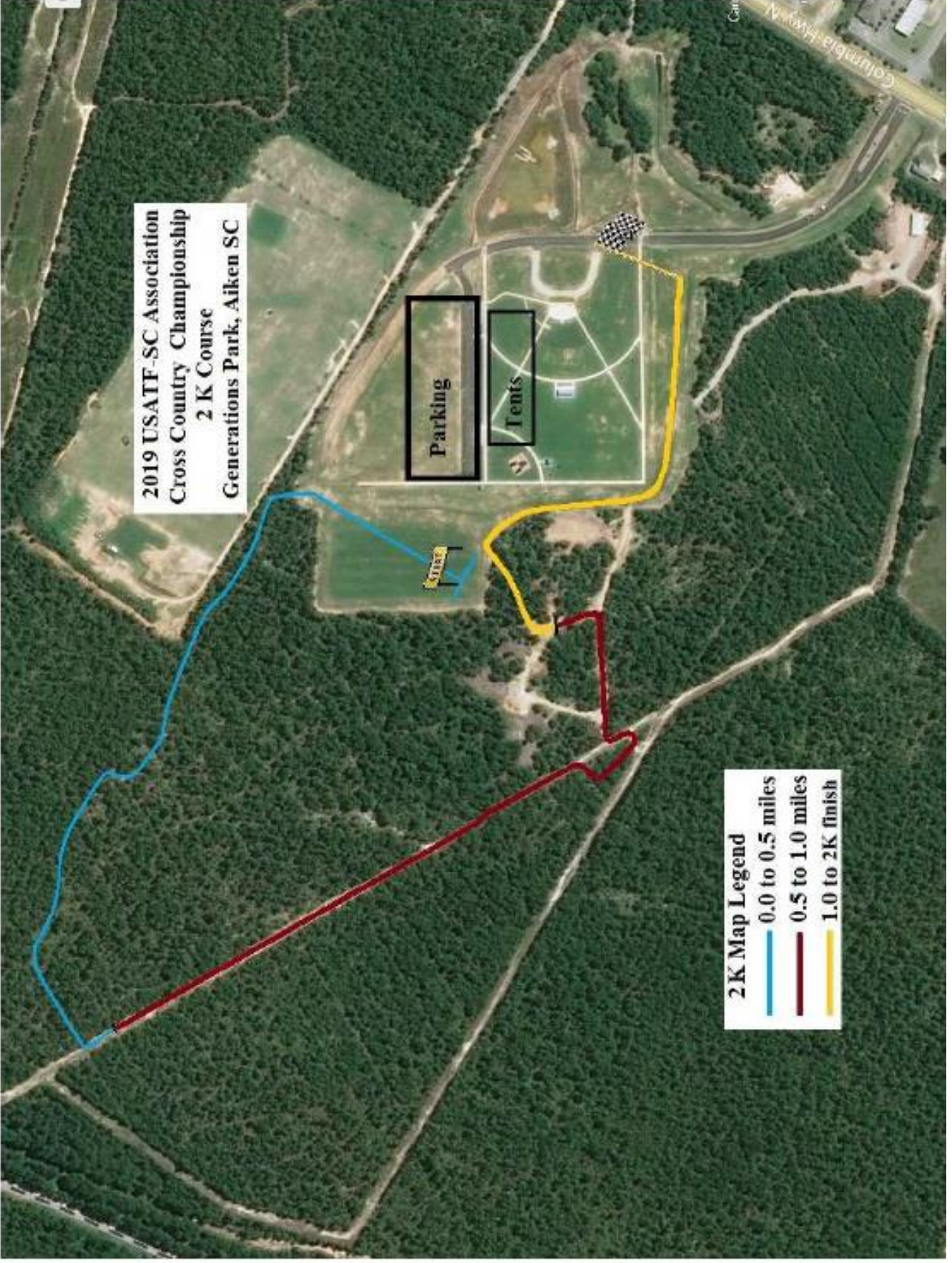
Club Name	Runner First name	Last name	Age (info only)	Gender	Date of Birth	Optional Team Assign (A, B, etc)
-----------	-------------------	-----------	-----------------	--------	---------------	----------------------------------

AWARDS: Will be awarded to the top 5 finishers in each age division/gender and top team in each division.

FACILITY RULES & GUIDELINES:

1. Generations Park has limited restrooms, water fountains.
2. Please keep the facility clean. Place trash in the waste receptacles near you before leaving.
3. Alcoholic beverages will not be allowed.

Note: Generations Park is a new facility, you may also find its as its alternate address of 1596 Columbia Highway, Aiken SC.



**2019 USATF-SC Association
Cross Country Championship
2 K Course
Generations Park, Aiken SC**

2K Map Legend
— 0.0 to 0.5 miles
— 0.5 to 1.0 miles
— 1.0 to 2K finish

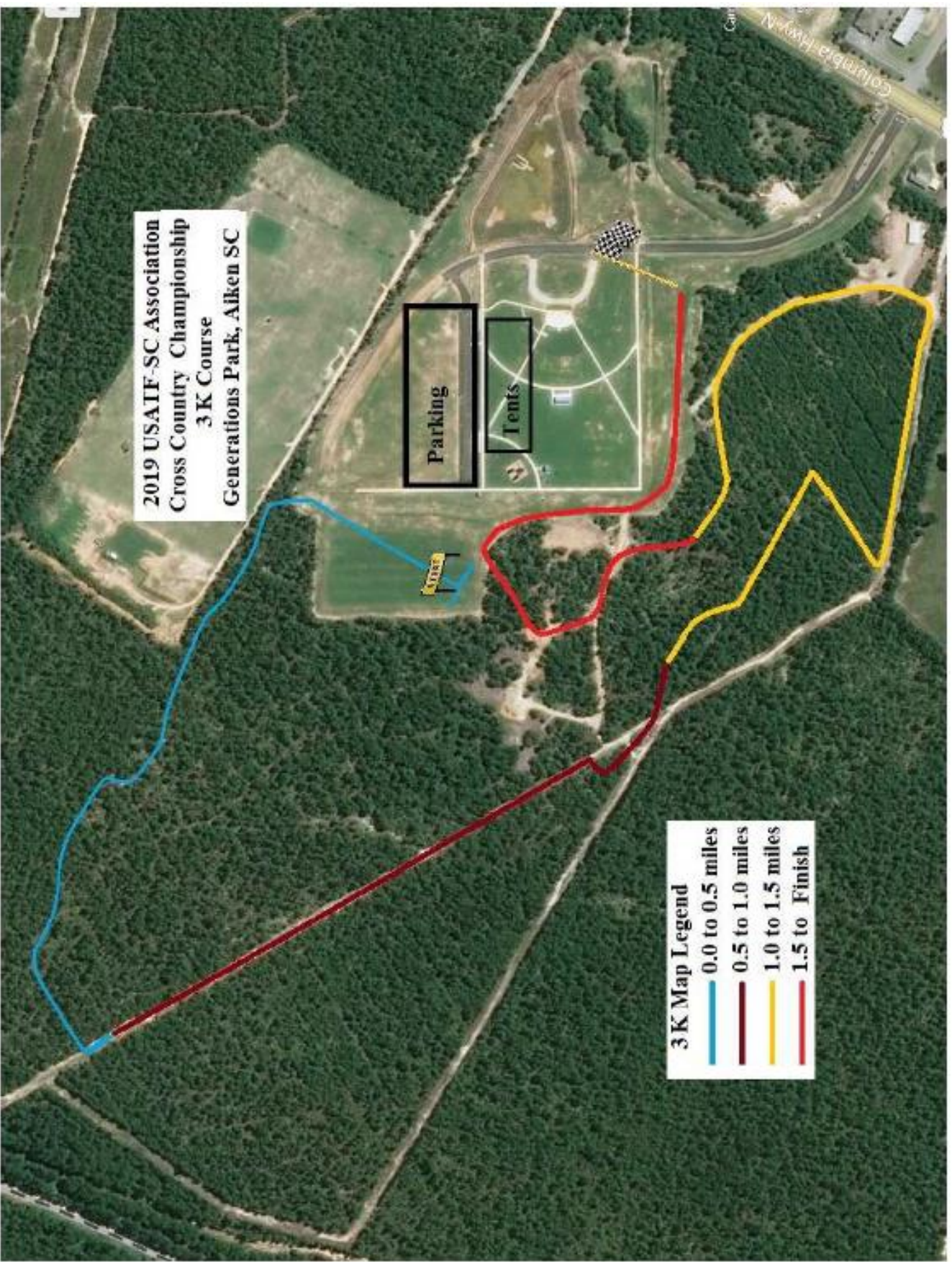
**2019 USAIF-SC Association
Cross Country Championship
3 K Course
Generations Park, Aiken SC**

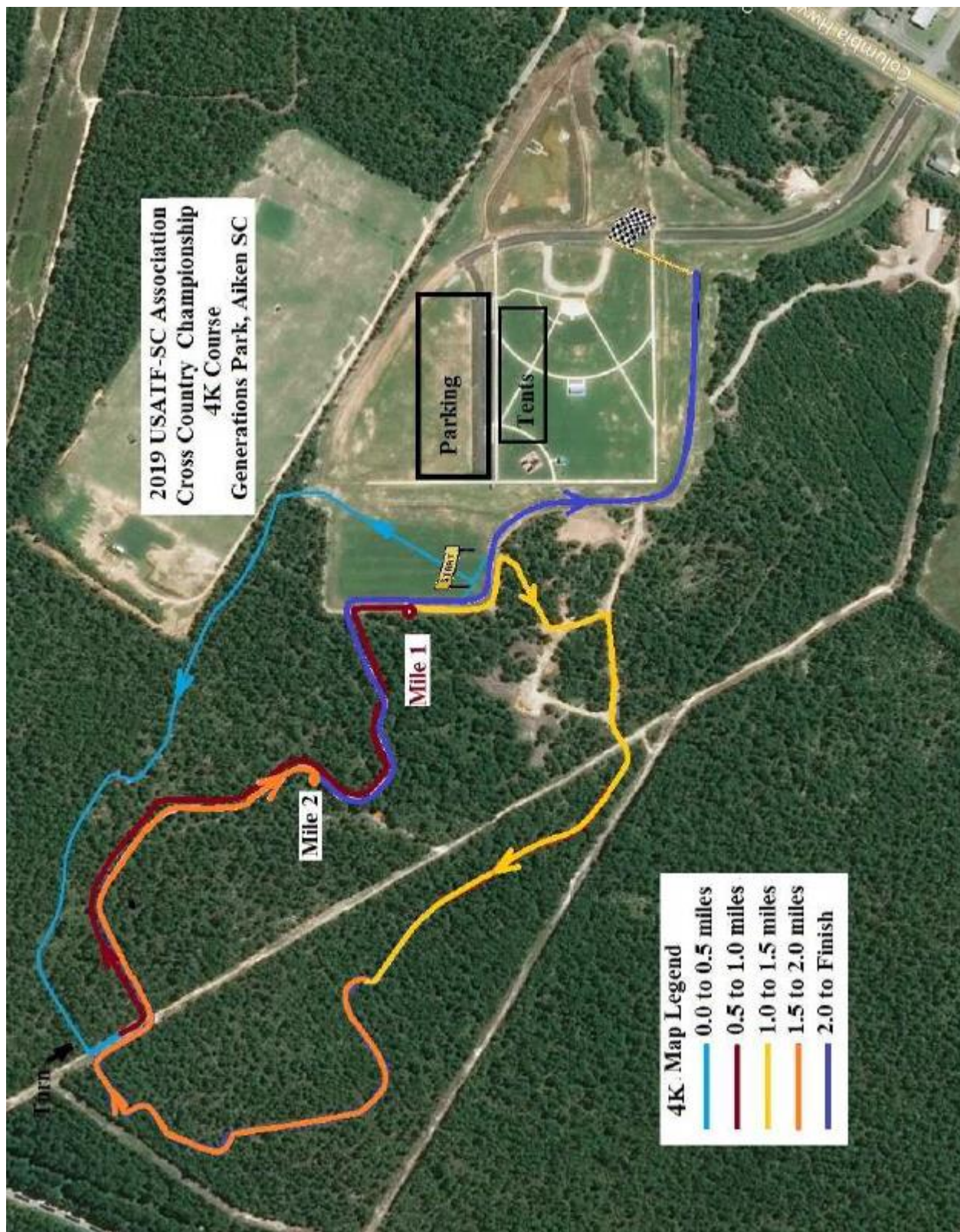
Parking

Tents



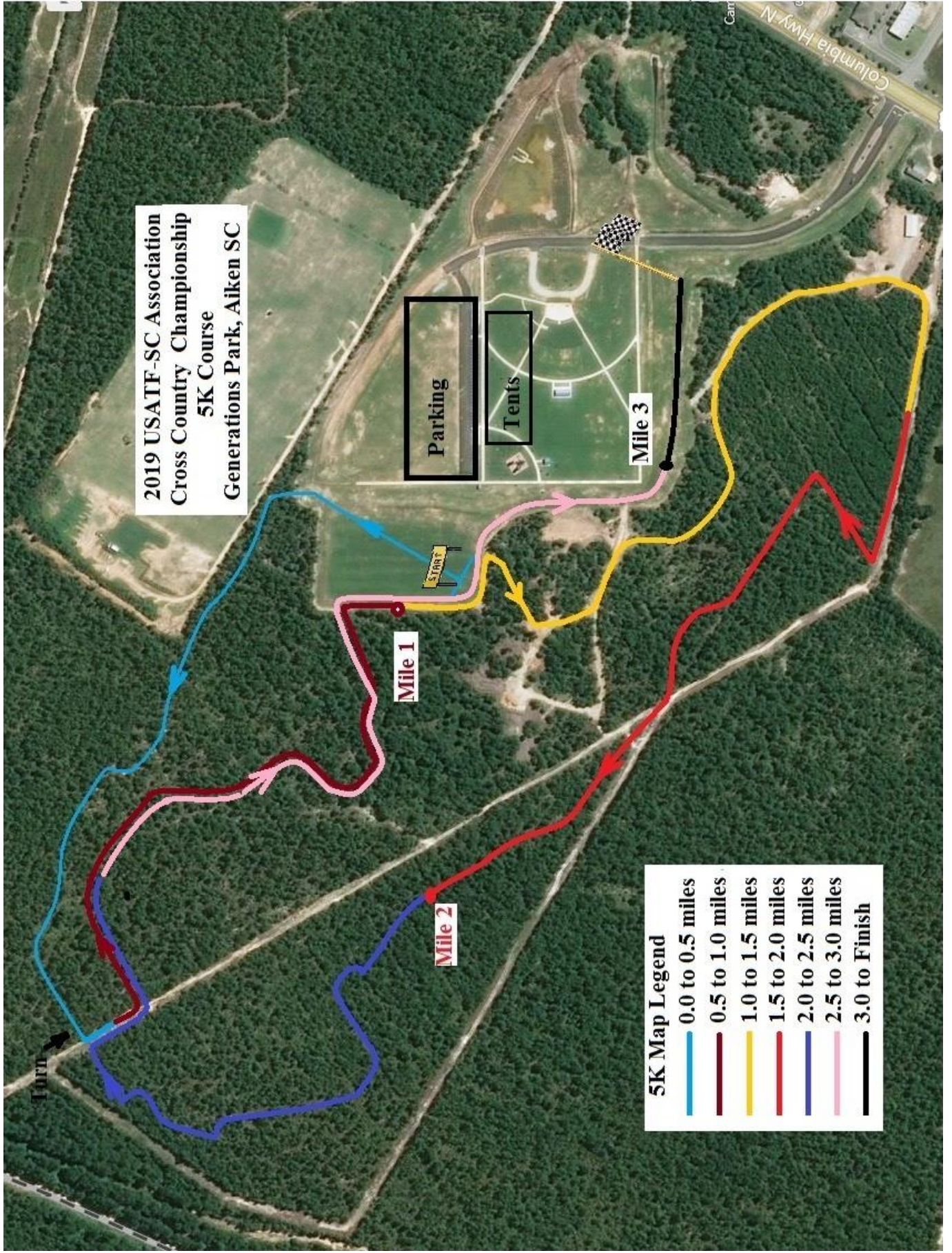
- 3 K Map Legend**
- 0.0 to 0.5 miles
 - 0.5 to 1.0 miles
 - 1.0 to 1.5 miles
 - 1.5 to Finish





Course Records

Category	Female	Male
2K, Age 7-8	Lydia Scanlon (MP) 8:24.4	Miles Tonelis (MP) 7:47.2
3K, Age 9-10	Julia Goldman (MP) 12:13.8	Gabrial Hislop (MP) 10:54.2
3K, Age 11-12	Brooklynne Cox (unatt) 11:29	Gavin Moore (Bft) 10:48.7
4K, Age 13-14	Laela Caplinger (Cola) 16:40.8	Reece Bluestein (Cola) 14:04.0
4K, Age 15-18	Munirah Gordan (Unatt) 16:49.0	Louis Boucher (Pal) 15:49.9
5K, Age 15-18	Cassie Hitch (Fl) 24:11.9	Nic Fiorillo (MP) 17:47.7



2019 USATF-SC Association
Cross Country Championship
5K Course
Generations Park, Aiken SC

Parking

Tents

Mile 3

Mile 1

Mile 2

Turn

Start



5K Map Legend

0.0 to 0.5 miles	Blue line
0.5 to 1.0 miles	Red line
1.0 to 1.5 miles	Yellow line
1.5 to 2.0 miles	Orange line
2.0 to 2.5 miles	Purple line
2.5 to 3.0 miles	Pink line
3.0 to Finish	Black line