



2024 USATF South Carolina Association Open & Masters Cross-Country Championships



Saturday, November 09, 2024

Northwestern High School
2503 W Main Street
Rock Hill, SC 29732

Schedule & Age Divisions

Age Division	Distance	Female Start	Male Start
Course Walkthrough (self-led)		07:30 AM – 10:00 AM	07:30 AM – 10:00 AM
Open	5 km (3.11mi)	3:00 PM	3:00 PM
Masters	5 km (3.11mi)	3:00 PM	3:00 PM

Course Preview: The course will be open for preview Saturday, November 11th from 7:30am until 10:00am.

Course: Starts and ends on open grass fields. All other sections are primarily grass fields. Spikes are recommended.

Open/Masters Eligibility Requirements:

Individuals: Current USATF membership is not required to compete; USATF membership is optional, and this event is open to athletes from outside of South Carolina. However, only athletes with a current USATF South Carolina membership are eligible for USATF South Carolina awards.

For USATF members, proof of Birth (copy of birth certificate, passport) is required and must be submitted via USATF Connect prior to the close of registration.

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.

Note: USATF memberships purchased on or after November 1st are valid through 12/31/2025, whereas those purchased prior to November are only valid through 12/31/2024. For questions regarding membership or for age verification, please contact:

Membership Chair at membership@southcarolina.usatf.org.

Registration: <https://www.athletic.net/CrossCountry/meet/252630>



Team Scoring:

Per USATF Rule 341.1

- (a) M40+ and M50+ five (5) individuals shall score with a maximum of nine (9) individuals declared per team;
- (b) M60+ and above, and all women's teams three (3) individuals shall score with a maximum of five (5) individuals declared per team.

Per USATF Rule 341.4

The age of the competitor on the day of the start of the race determines the age division. A runner may compete in a younger division as a team member. If he/she runs on a younger team, the runner may still compete as an individual in his/her true age division if both divisions are run simultaneously. Only a birth certificate or a U.S. passport will be acceptable as proof of age.

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 (Northwestern High School):

- **Saturday, November 09 - beginning at 09:00 am**

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

Award Location: Individual awards will be distributed at the finish line. Team awards will distributed only to coaches.

Awards: USATF medals will be awarded to the top three (3) individuals in each age division. Note that a current USATF South Carolina Membership is required to be eligible for awards. Prize money will be awarded to the top 3 Female and top 3 Open finishes and Masters finisher with a current and valid USATF South Carolina membership

Entries:

Open/Masters entries must be completed by 6:00 PM on November 08^h, 2024. Please visit athletic.net to enter. **Entry fees are \$10.00 per athlete if completed by November 08th. Same day entry (Open/Masters only) are \$15.00 (09:00 am to 2:00 pm on race day).**

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

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

Contact:

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

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

Questions / Concerns:

Please call or text the USATFSC Office at 864-520-9417 for questions/concerns. Leave a message and calls will be directed to appropriate person.



Course Map



5k Course