



2026 USATF South Carolina Association Junior Olympic Cross Country Championships



Saturday, November 14, 2026

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 – 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 14th from 7:30am until 09:45am

Course: Starts and ends on open grass fields. All other sections are primarily grass with some packed dirt sections. 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. **For those athletes that are not yet date-of-birth-verified, please upload your documentation into the USATF Connect system by November 4th, 2026, to allow USATF ample time to process and approve them.**

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 12/31/2027, whereas those purchased prior to November are valid through 12/31/2026. [Obtain a USATF membership.](#)

For questions regarding membership or for age verification, please contact:

Membership Chair at membership@southcarolina.usatf.org.



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DATE OF BIRTH VERIFICATION: USATF Junior Olympic Championships require that the registrants are date-of-birth verified. Individual members or their parent or guardian are required to upload/submit their birthdate verification document when completing their membership profile on the USATF Connect system. A USATF Connect account is automatically created for new USATF members. Existing members should already have a USATF Connect account. Date-of-Birth verification documents must be uploaded through USATF Connect. To upload documents, the member (or parent or guardian) must login into their USATF Connect account. If you are having trouble uploading these documents, please reach out to the USATF National Office (317-261-0500). The complete USATF Date of Birth Policy may be found at: <https://www.usatf.org/home/top-utility-nav-content/membership/date-of-birth-verification-policy>.

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 14 - beginning at 9:00 am

Registration / Entries:

Registration opens Saturday, August 1st and closes 11:59pm Friday, November 06. Junior Olympic entries must be completed by 11:59 PM on November 6th, 2026. Please visit athletic.net to enter. Entry fees are \$10.00 per athlete.

NOTE: For athletes without a current USATF membership, you may obtain one by clicking: [Obtain USATF Membership](#). The membership must be obtained and the date of birth documentation must be uploaded before registration for the meet closes. You will not be allowed to register until USATF approves the date of birth document. However, as long as the membership is purchased and the date of birth document is uploaded before the close of registration, we will work with the USATF National office to get the athlete registered.

Payments: The online entry system accepts all major credit cards.

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

Award Location: There will be no awards ceremony. Awards will be distributed at the awards table after the results are finalized. Team awards will be distributed only to coaches. .

Awards: Medals and ribbons will be awarded to the top three (3) finishers in each age division, and USATF Junior Olympic ribbons will be awarded to fourth thru fifteenth (4th – 15th) finishers in each age division. Medals will be awarded to the top three (3) teams, with medals awarded only to 5 scoring athletes.

Advancements:

The top forty-five (45) individuals and top seven (7) teams in each age division at the Association Championship will advance to the Regional Championship, to be held on November 21st at Winthrop University in Rock Hill, SC. [Register for the USATF Region4 Junior Olympic XC Meet](#).

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.

Protests: There will be a \$75 fee for all protests. Protests must be submitted in writing to the Protest Table (at



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once and not later than 10 minutes after results for the race has been posted. All protest fees must be paid either in cash. 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](#).
- Association Waiver

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.

There are a few limited situations where an athlete may be eligible to request a waiver to advance to the Regional meet without first competing in the Association meet. Reasons for a waiver are limited:

- participating in a school Cross-Country Championship within 72 hours of the scheduled start of the USATFSC Association Junior Olympic Cross-Country Championships. (Home-schooled athletes that participated in sanctioned Cross-Country Championship may also choose this option.)
- a test such as the SAT, or any test required by the school
- a mandatory class required by a school
- Bereavement (death of a family member)

There are several things to know:

- In order to request a waiver, an athlete must first register for the Association meet.
- Again, an athlete must first register and pay for the Association meet prior to requesting a waiver.
- A waiver request for an athlete that is not registered for the Association meet will not be considered and will automatically be rejected.
- A waivers request is just that: it is a request. Waiver are evaluated AFTER the Association JO XC Championships have ended. By rule. An athlete is not allowed to displace an athlete that qualifies at the Association meet.

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 Youth Chair at 203-982-2820 for questions/concerns.



Course Maps



2k Course



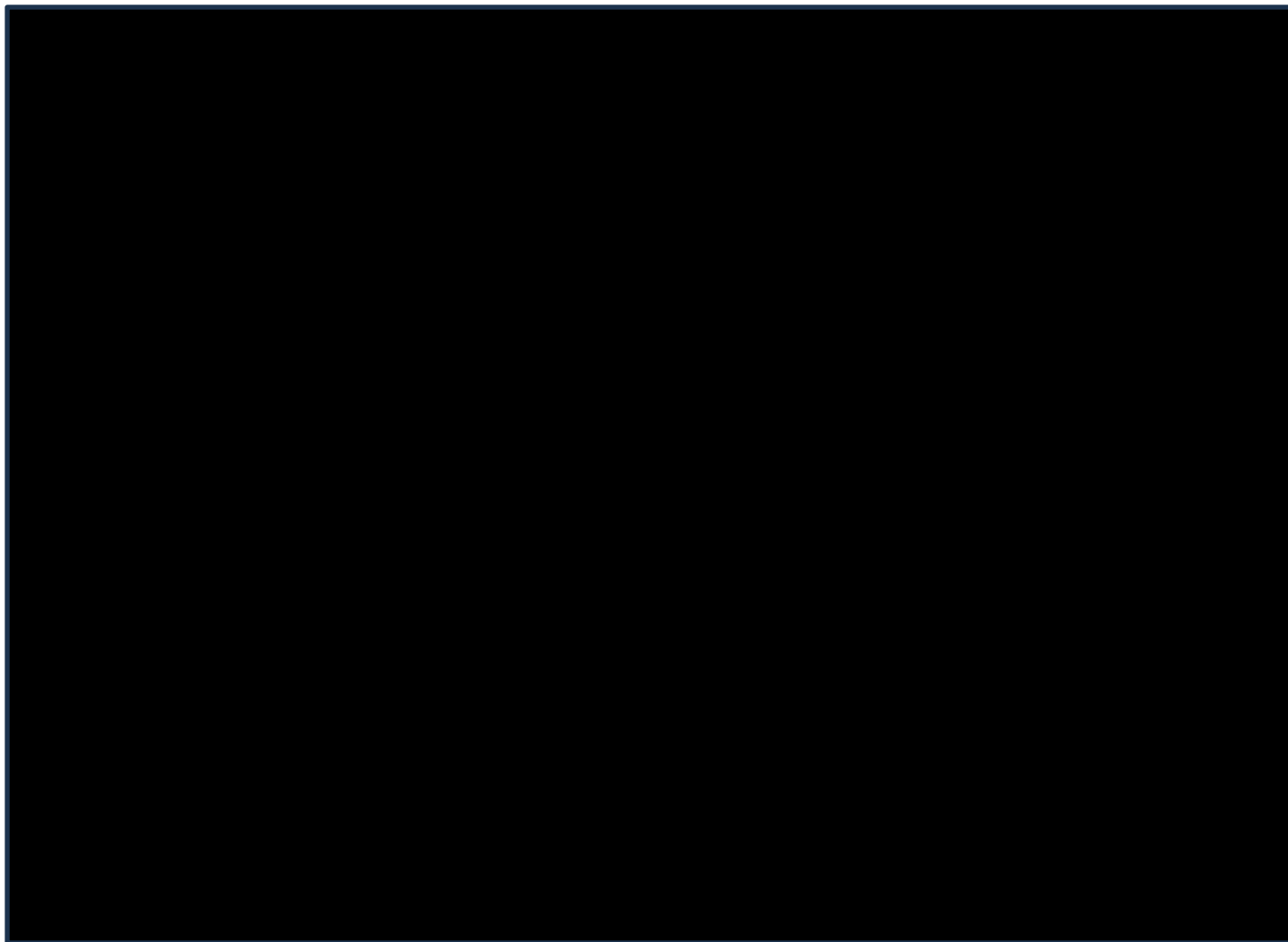
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3k Course



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4k Course



USATF South Carolina Junior Olympic Cross-Country Championships



5k Course

