

2024 USATF Region 4 Junior Olympic Cross Country Championships

Hosted by the USATF South Carolina Association



Saturday, November 23, 2024

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 2016+)	2 km (1.24mi)	10:30 AM	11:00 AM
9-10 (born 2014-2015)	3 km (1.86mi)	11:30 AM	12:00 PM
11-12 (born 2012-2013)	3 km (1.86mi)	12:30 PM	1:00 PM
13-14 (born 2010-2011)	4 km (2.48mi)	1:30 PM	2:00 PM
15-16 (born 2008-2009), 17-18 (born 2006-2007)	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 09th 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 23 - beginning at 9:00 am**

Registration / Entries:

Registration opens Monday, November 11th and closes 11:59pm Tuesday, November 19. 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.

Parking

- \$5/car parking fee upon entry into the Winthrop parking area
- [Square Online Parking Payment link](#) - pre-pay then show your receipt at the gate

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. 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 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. Medals for teams will be for the 5 scoring members only.

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 23rd at Winthrop University, in Rock Hill, SC. [Register for the USATF Region4 Junior Olympic Cross-Country Meet.](#)

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 2024 USATF National Junior Olympic Cross-Country Championship will be contested December 14, 2024, at Blue River Cross-Country Course in Shelbyville, IN. **Registration open 09:00 Monday, 11/25/2024.**

[Register for the USATF National Junior Olympic Cross-Country Championships.](#)



USATF Region 4 Junior Olympic Cross-Country Championships



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](#).

Contact:

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

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

USATF Region 4 Coordinator (matthew.chestnut@gmail.com)

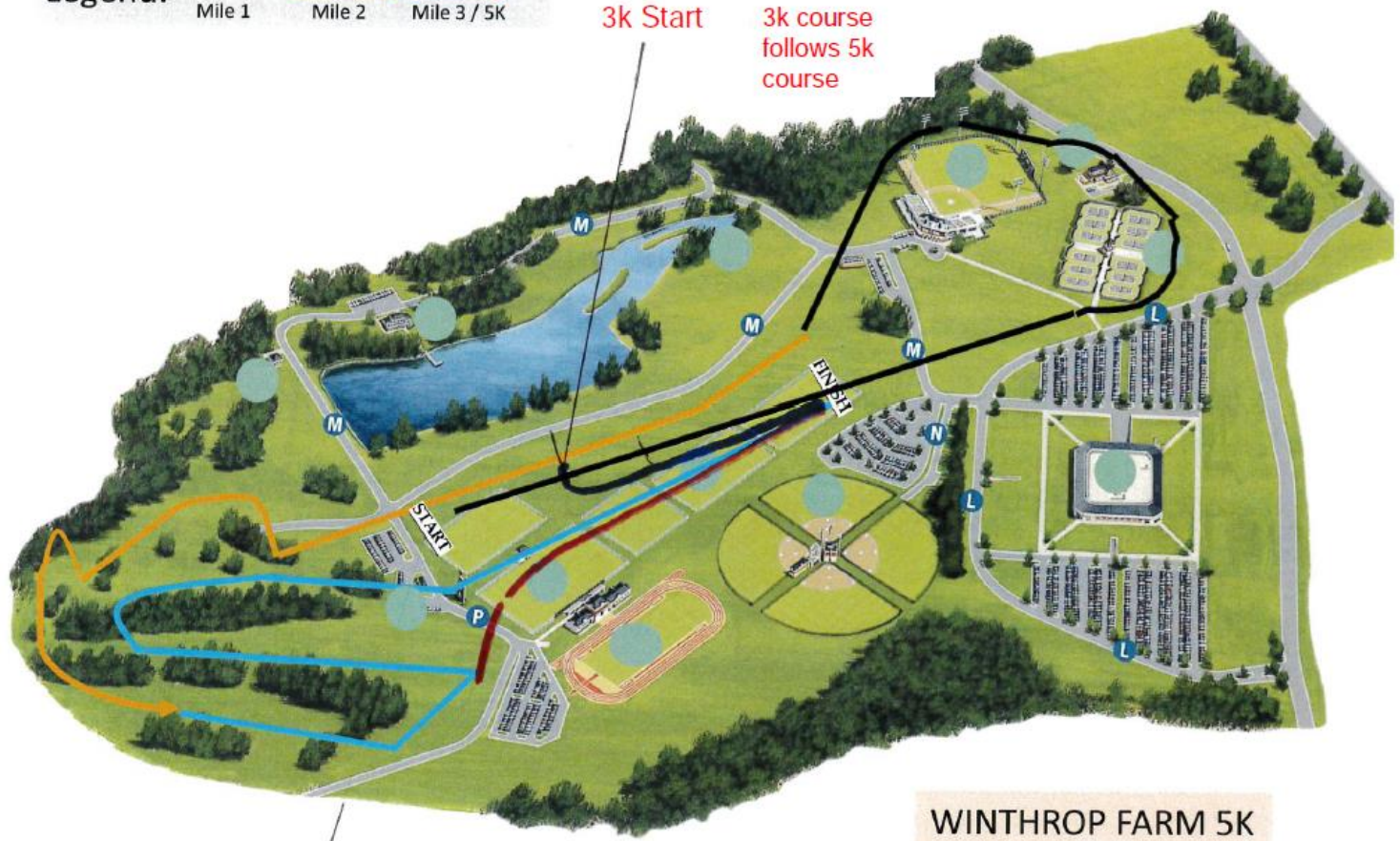
Questions / Concerns:

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 Maps

Legend: Mile 1 Mile 2 Mile 3 / 5K



Course Notes

- 2k Course:
 - Start line is the same as the 4k and 5k course
 - Black to Gold to Dark Blue/Black to Finish (just the loop around the baseball field)
- 3k Course:
 - Different start line (marked on map)
 - Gold to Blue to Finish
- 4k Course:
 - Start line is the same as the 2k and 5k course
 - Black to Gold to Blue to Red (Just the outside portion of the blue, not the interior loop portion)
- 5k Course:
 - Original Map
 - Start line is same as 2k and 4k course
 - Black to Gold to Blue to Finish



USATFSC Association Junior Olympic Cross-Country Championships

Hotel Rates

Fri Nov 08, 2024 & Fri Nov 22, 2024

* Rates below have been quoted . Rates do not include taxes. *

*Rooms cannot be guaranteed or booked at the below rates until an agreement has been signed with the chosen hotel(s). *

<u>HOTEL</u>	Double Rate	King Rate
<u>Best Western Rock Hill</u>	\$104	\$99
Contact: Malinda Foster		
Notes: Rate quoted for both dates. Breakfast included, booking link can be provided. 2.5 miles to Winthrop		
<u>Fairfield Inn Rock Hill</u>	\$159	\$159
Contact: Ricky Armstrong		
Notes: Rate quoted for both dates. Breakfast included, booking link can be provided. 5 miles to Winthrop		
<u>Holiday Inn Express - Rock Hill</u>	\$129	\$119
Contact: Cindy Suttles		
Notes: Rate quoted for Nov 22 ONLY. Breakfast included, booking link can be provided.		
<u>Cambria Hotel - Rock Hill</u>	\$119	\$119
Contact: Paul Serepca		
Notes: Rate quoted for Nov 8 ONLY. Breakfast included, 1 mile from Winthrop, booking link can be provided.		



LaQuinta Inn & Suites Rock Hill **\$119** **\$124 suites**

Contact: Malinda Foster
Notes: Rate quoted for both dates. Breakfast included, 4.5 mile from Winthrop, booking link can be provided.

Staybridge Suites - Rock Hill **\$139** **\$139**

Contact: Janette Reyes
Notes: Rate quoted for Nov 8 ONLY. Breakfast included, 6 miles from Winthrop, booking link can be provided.

Hilton Garden Inn - Rock Hill **see notes**

Contact: Rebecca Sheppa
Notes: Nov 8 = \$159, Nov 22 = \$139/\$129, 4 miles to Winthrop, Breakfast included

Holiday Inn, Galleria Blvd **see notes**

Contact: Karen Wright
Notes: Nov 8 = \$129, Nov 22 = \$109, 4 miles to Winthrop, Breakfast included

FORT MILL HOTELS

Towneplace Suites - Fort Mill **\$129** **\$119**

Contact: Kristen Brown
Notes: Rate quoted for both dates, Breakfast NOT included, 14 miles from Winthrop, booking link can be provided.



<u>Cambria Fort Mill</u>		\$155	\$146
Contact:	Kathleen DeVitto		
Notes:	Rate quoted for Nov 22 ONLY, Breakfast NOT included, 12 miles from Winthrop, booking link can be provided.		
<u>Home 2 Fort Mill</u>		\$129	\$129
Contact:	Lindsey Floyd		
Notes:	Rate quoted for both dates. Breakfast included, 12 miles from Winthrop, booking link can be provided.		
<u>AVID Hotel Fort Mill</u>		\$85	\$85
Contact:	Victoria House		
Notes:	Rate quoted for both dates. Breakfast included, 13 miles from Winthrop, booking link can be provided.		

Compiled by Visit York County.

[CLICK HERE](#) for area attractions, restaurants, tips on getting around, and a lot more!

