

Palmetto Track & Field



Palmetto JO Cross-Country Meet

Saturday, October 26th, 2019

Generations Park, Aiken, South Carolina

1596 Columbia Highway*, Aiken SC

Join Aiken's Palmetto Track and Field Team for a JO Style Cross-Country event to preview the 2019 State Meet XC Courses. The course is entertainingly difficult, featuring drivable trails over rolling hills and sandy terrain.

Time Schedule (Packet Pickup begins Saturday 8:00 am, Courses will remain open until race begin).

Age Divisions	Born	Distance	Girls	Boys
WALK Through			8:45 am	
8& Under	2010 +	2K	9:30 am.	9:30 am. (may split)
9 &10	2008 or 2009	3K	9:50 am.	10:10 am.
11 & 12	2006 or 2008	3K	9:50 am.	10:10 am.
13 & 14	2004 or 200	4K	10:35 am.	11:05 am.
15- 18*	2000 to 2003	4K	10:35 am.	11:05 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, but USATF membership is not required. **Age 15-18 is scored as a single age group.**

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 are allowed, and useful, but the course can be and is often run in normal flats. Course maps are included. Courses will remain open until the first race.

TEAM ENTRY AND SCORING: First 8 runners on a team will be counted. Alternatively, you may elect to designate team assignment by "A," "B," "C," designations.

Teams and participants must be pre-registered by 5 pm, Saturday, Oct 19th. Packet pick-up (Team or individual) will begin 8:15 am on race day. Minor roster additions will be accommodated during packet-pick-up. Entry will be via athletic.net, or just contact Charles McKeel (camckeel@gforcecable.com) for other entry instructions. The entry format (input file will be emailed to you upon request)

Club Name	First name	Last name	Age	Gender	Date of Birth	Optional Team Assign (A, B, etc)
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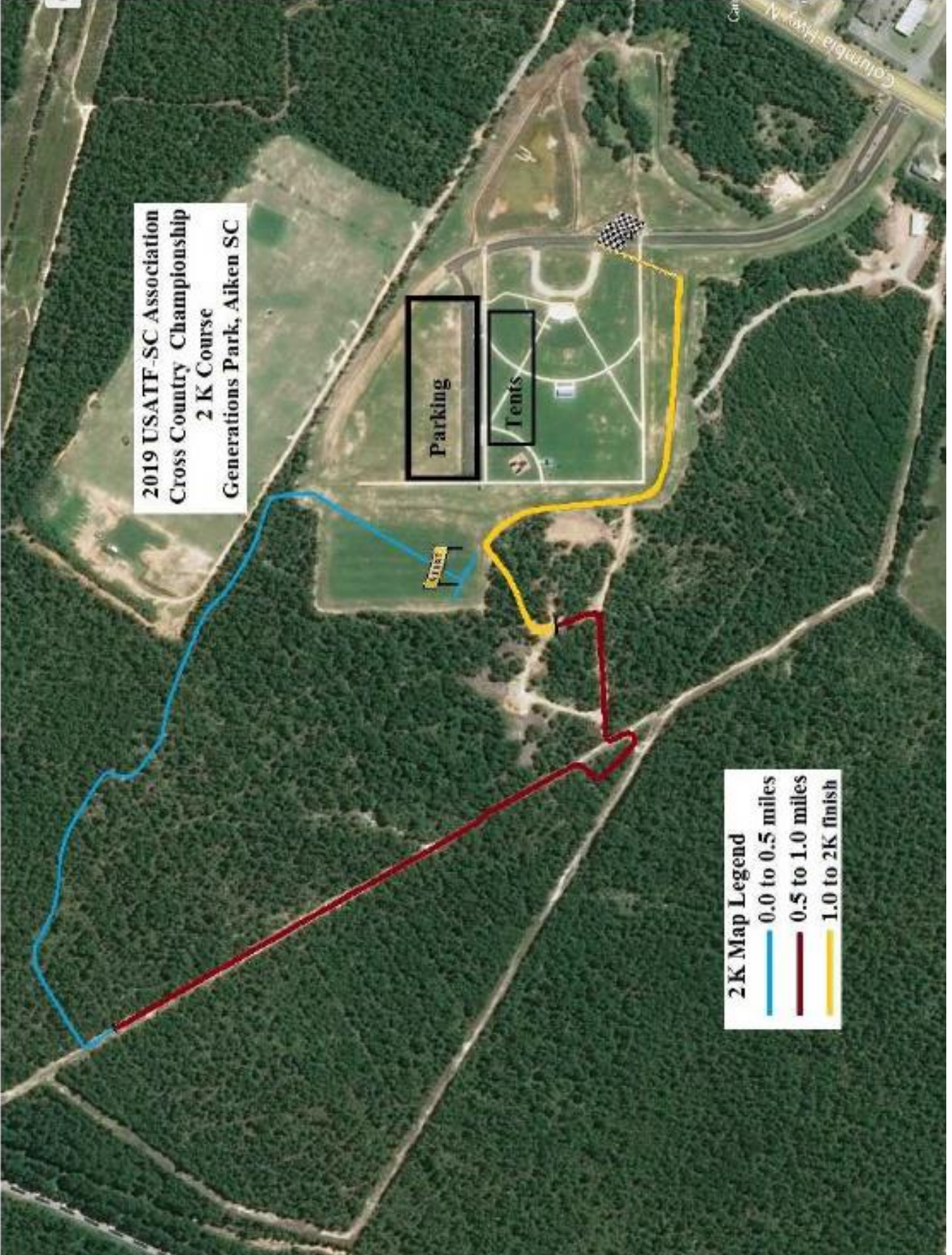
AWARDS: Will be awarded to the top 5 finishers in each age division/gender, and top team in each division.

NUMBERS: The race numbers are to be worn on the front of your singlet or shirt and pinned in a flat manner. Do not tear off strips. Race numbers will be given out at Packet Pick-up.

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.

* Generations Park does not yet have an official address. Its on the WEST side of Columbia Highway, about where 1596 would be, if it existed.



**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

