

Palmetto Track & Field



Palmetto JO Cross-Country Fall Opener

Saturday, September 15th, 2018
Pacer Path, Aiken, South Carolina
375 Robert M Bell Parkway



Join Aiken's Palmetto Track and Field Team for a JO Style Cross-Country event designed to be an early season test. The course is entertainingly difficult, featuring drivable trails over rolling hills and sandy terrain.

Time Schedule (Packet Pickup begins 2:30 pm, Courses will remain open until race begin).

<u>Age Divisions</u>	<u>Born</u>	<u>Distance</u>	<u>Girls</u>	<u>Boys</u>
8& Under	2010 +	2K	9:30 am.	9:30 am.
9 &10	2008 or 2009	3K	9:50 am.	10:10 am.
11 & 12	2006 or 2007	3K	9:50 am.	10:10 am.
13 & 14	2004 or 2005	4K	10:35 am.	11:05 am.
15- 16*	2002 or 2003	4K	10:35 am.	11:05 am.
17- 18*	2000 or 2001	4K	10:35 am.	11:05 am.

* The 15-18 age group will run the 4K course & time slot.

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: Pacer Path consists of rolling hills with a sandy terrain. The race starts on an open grass field and continues along a graded sandy trail. The 2K, 3K 4K and 5K courses all feature the hill of death, a ¼ mile long uphill climb that ends leaving runners with 800 meters of flat land to the finish. 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. Miles markers will be placed and the first 1600 meters will be marked every 400 meters (where practical). Courses will remain open until the first race. Early and middle portions of the course are spectator friendly. The last 200 meters is in full view.

TEAM ENTRY AND SCORING: A team will consist of a **minimum of five** and a **maximum of eight runners** with the first five finishers being used to compute the score based on place, and the remaining 3 being pushers. Clubs with multiple teams in an age group may pre-identify team assignment by "A," "B," "C," designations, or default to first 5 in = A-team, etc

Teams and participants must be pre-registered by 5 pm, Thursday, Sept 13th. Packet pick-up (Team or individual) will begin 8:00 am on race day. Minor roster additions will be accommodated during packet-pick-up. Contact Charles McKeel (camckeel@gforcecable.com) for 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:

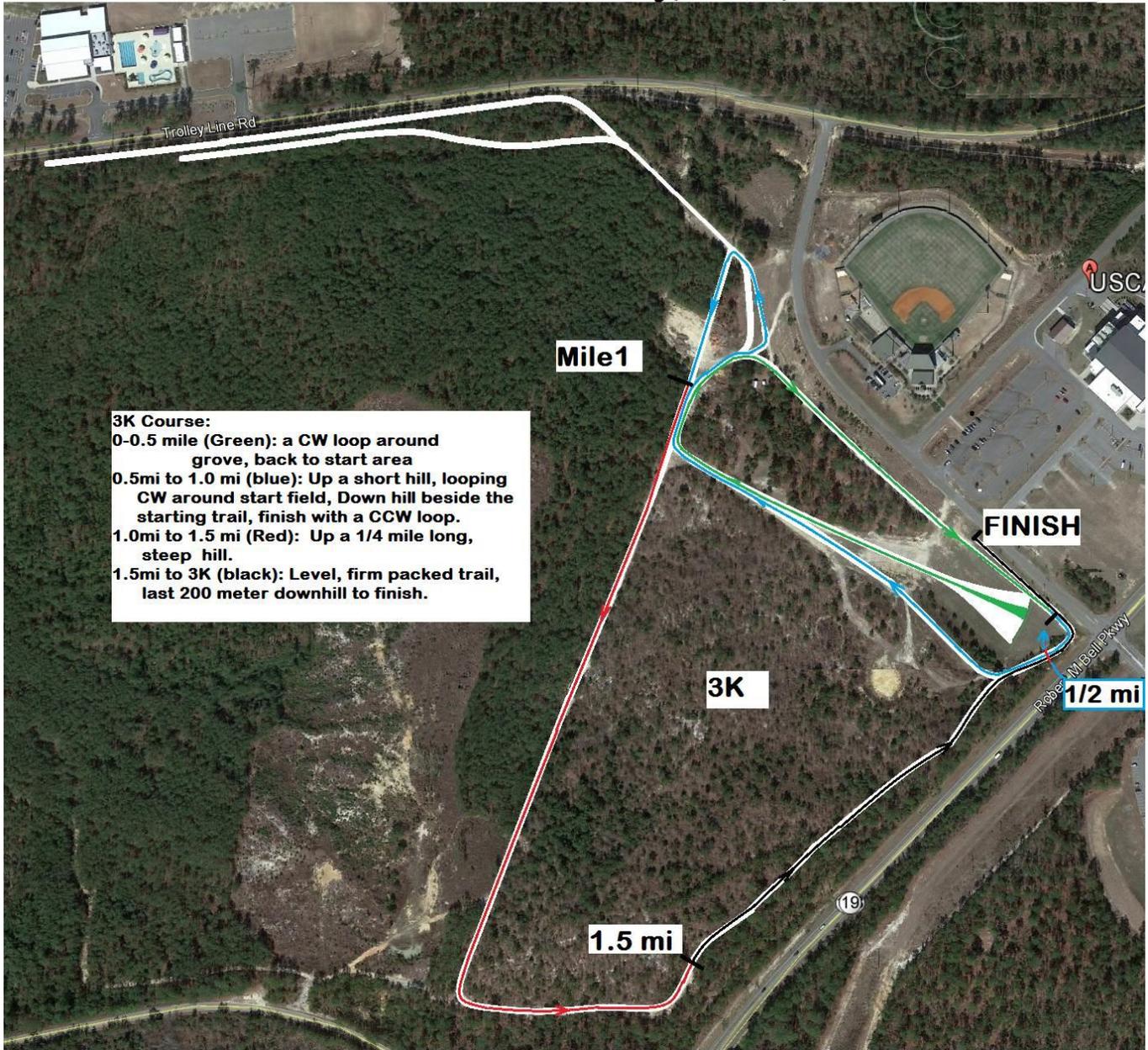
1. USCA Convocation Center will be open for restrooms, water fountains.
2. Please keep the facility clean. Place trash in the waste receptacles near you before leaving.
3. Alcoholic beverages will not be allowed.

USCA Pace Path 2K Course
375 Robert M Bell Parkway, Aiken, SC



USCA Pace Path 3K Course

375 Robert M Bell Parkway, Aiken, SC



USCA Pace Path 4K Course
375 Robert M Bell Parkway, Aiken, SC

