

**2019 USATF Masters 5km Cross Country Championships**

**Saturday, October 12, 2019, Mission Bay Park, San Diego, CA**

Runners competing in the 2019 USATF Masters 5 km Cross Country Championships on Saturday, October 12, 2019 at Mission Bay Park in San Diego, CA should be aware of the following points of emphasis. Competitors who fail to comply with these and other applicable USATF Rules of Competition risk possible disqualification.

There will be a Technical Meeting scheduled for Friday, October 11, 2019 at 7:00 p.m. at the south end of Mission Bay Park in gazebo near playground – exit the Hilton Hotel and walk south - approx. 600 meters. Athletes, coaches, officials and team managers are welcome to attend. Questions should be directed to the Championship Referee at [crosscountry@usatf.org](mailto:crosscountry@usatf.org)

1. **The Race Course.** The course map is available at:

<http://www.usatf.org/usatf/files/35/35c33a4c-e822-4476-8b55-f9ab549bdf6d.pdf>

1. **Registration** for the 2019 USATF Masters 5 km Cross Country Championships is available online only at: <http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Cross-Country-Championships/Entry-Form.aspx>
2. **No Race Day Registration.** There will be no onsite or race day registration. All registration for the USATF Masters 5 km Cross Country Championships will be online only through the USATF event registration system. Deadline to register is Thursday, October 10, 2019 at 5:00 p.m. (PT).
3. **Eligibility**. All Master athletes must be citizens of the United States and eligible to represent the United States in international competition to be eligible for USATF medals and prize money. In addition, all athletes entered and competing in the 2019 USA Masters 5 km Cross Country Championship are required to have a 2019 USATF membership card. Non-citizen USATF members may compete but can neither score for a team nor win individual championship awards.
4. **Host Hotel.** Hilton San Diego Resort and Spa, 1775 East Mission Bay Drive, San Diego, CA 92109  
   600 meter walk to the start line of races (exist west side of hotel)at: <https://www3.hilton.com/en/hotels/california/hilton-san-diego-resort-and-spa-SANHIHF/index.html>
5. **Awards Ceremony.** Food and beverages will be available after the race. The USATF Masters Championship awards ceremony will begin on site at 10:30 a.m.
6. **Race Weekend Schedule**

| **Friday,  October 11** |  | **Site** |
| --- | --- | --- |
| Noon - 7:00 pm | Course tours | Mission Bay Park |
| Noon – 7:00 pm | Packet pickup | Mission Bay Park |
| 7:00 pm | Technical meeting | Mission Bay Park |

USATF online registration at <http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Cross-Country-Championships/Entry-Form.aspx>

| **Saturday, October 12** |  | **Site** |
| --- | --- | --- |
| 6:00am to race time | Packet pickup | Mission Bay Park |
| 7:45 am | USATF Master Women 5k | Mission Bay Park |
| 8:30 am | USATF Master Men 5k | Mission Bay Park |
| 9:15 am | Open Division (39/under)  And Community Race 5k | Mission Bay Park |
| 10:00 am | Kids 1 Mile Fun Run | Mission Bay Park |
| 10:30 am | Awards Ceremony | Mission Bay Park |

\*Registration for Open and Community Race participants (non-USATF) and Kids Race ONLY must register at: <https://events.com/r/en_US/registration/2019-ursula-rains-balboa-boogie-5k-san-diego-october-756690>

1. **Cutting the Course.** Any competitor who has been found by the Referee to have left the marked course thereby shortening the distance to be covered (“cutting the course”) shall be subject to disqualification.
2. **Illegal Assistance.** Anyone found to have received illegal assistance is subject to disqualification. “Assistance” is the *conveying of advice, information or direct help* to an athlete by any means, including a technical device. It also includes pacing in running or walking events by *persons* *not participating in the event,* by competitors lapped or about to be lapped, or by any kind of technical device. **The use of wireless devices (I-pods, I-phones, etc.) is not permitted.** Competitors may carry or wear articles of personal equipment such as wrist chronometers and heart-rate monitors. Verbal or other communication, without the use of any technical device, from an individual not on the course shall not be considered assistance. Questions should be directed to the Championship Referee.
3. **Competition Front Bib Numbers/Timing Tag and Age/Gender “Back” Numbers.** Competition **bib numbers** must be pinned on the **front** of the outermost layer of clothing that you will be wearing in the race. The transponder timing antennae or “B” tag is attached to your front bib. They should be worn as issued and not be folded or cut. It is disposable after the race. All Masters entered in the USA Masters 5 km Cross Country Championships must **also** wear an **age/gender “back” number** pinned to the **back** of the outermost layer of clothing that they are wearing in the race. Please use 4 pins to affix the “back” number in such a manner that it is visible to any runner behind them and will not flip up. Any competitor failing to wear a competition bib number on the front and a visible age/gender “back” number as directed will be subject to disqualification. If your packet is lacking a “back” number, extras will be made available at packet pick-up and at the start line.
4. **Spikes.** Per USATF rules: Spiked shoes may be worn. A maximum of 11 spikes per shoe are allowed. Spike length shall not exceed 25mm (approx. 1 inch).
5. **Start Details.** All complete teams must report together to the Clerks at the starting line tent beginning 30 minutes prior to their race start time to verify their team uniforms. All runners will be checked for spikes, proper transponder “chips”, front bibs and age/gender “back” numbers prior to the start. Clerks will place teams in their assigned starting boxes. Incomplete teams and unattached runners may line up in any unused starting boxes. A list of starting box assignments will first be made available at the technical meeting at 7:00 pm on Friday, October 11th at the south end of Mission Bay Park near the playground. The Clerks will have copies of the starting box assignments on race day. There will be a two-command start: “On your marks” followed by the firing of the starter’s pistol signaling the start of the race.
6. **False start.** A race may be recalled upon a false start or a fall which impacts the field within the first 100m. Runners who false start are subject to disqualification.
7. **Withdrawal for medical reasons.** A competitor must retire from the race immediately if directed to do so by a duly authorized official of the race or by an appropriately identified member of the race medical staff.
8. **Results.** Results will be posted near the finish line as soon as possible after each race.See the Masters Championship Referee if there are any problems/omissions. There is a one hour protest period once results have been posted after each race.
9. **Eligibility Rules**.
10. **Clubs**

* All clubs must be registered with USATF for 2019. Please submit your club application to your [local Association office](http://www.usatf.org/associations/).
* Only teams consisting of duly accredited representatives of a member club shall be eligible to score as a team.
* All athletes entering as part of a club must be affiliated with that club as part of their USATF online membership profile (an athlete's current affiliation can be viewed in his/her [membership profile](http://www.usatf.org/membership/edit/) and as part of the online entry process) and meet the requirements of USATF Competition Rule 341.8. Athletes wishing to change affiliations can make such a request through their [local Association](http://www.usatf.org/associations/) (note that this request must be made by the athlete--see Regulation 4 in the [USATF Governance Manual](http://www.usatf.org/about/governance/), Section III).
* The formation of club teams must meet all of the parameters as noted in Regulations 4 and 6 in the [USATF Governance Manual](http://www.usatf.org/about/governance/), Section III and the [USATF Rules of Competition](http://www.usatf.org/about/rules), specifically Rule 341.8. This will be strictly enforced.

Pursuant to Rule 341.8: Master Teams shall represent current member clubs of USATF, verified through the national office. USATF Association, Regional, or National “all-star” teams are not eligible to compete in Masters Long Distance Running Team competition. Team members shall be affiliated with the club they are representing on their USATF membership record prior to entering the competition. Only one athlete per team (i.e., San Diego TC M50+ “A” team) who is a non-resident member of an Association is eligible to compete for a team in that Association.

**B. All USATF Master 5 km Cross Country Championship Entrants**

* All athletes must be U.S. citizens (with the exception of Master athletes, who may also be resident aliens).
* All athletes must be 2019 members of USATF in good standing. USATF memberships may be [purchased online](https://www.usatf.org/membership/application/), through your [local Association](http://www.usatf.org/associations/) Office, or by calling the USATF National Office at 317-713-4665.
* Athletes will not be permitted to compete unless they have a 2019 USATF membership and completed the [entry process](http://www.usatf.org/events/2012/USAXCChampionships/entry/).
* Club affiliation: Athletes must be bona fide members of a 2019 USATF club in order to represent a club and score team points. All athletes entering as part of a club must be affiliated with that club as part of their USATF membership (an athlete's current affiliation can be viewed in his/her [membership profile](http://www.usatf.org/membership/edit/) and as part of the online entry process). Athletes wishing to change affiliations can make such a request through their [local Association](http://www.usatf.org/associations/) (note that this request must be made by the athlete--see Regulation 4 in the [USATF Governance Manual](http://www.usatf.org/about/governance/), Section III).
* Sponsor Affiliation: In addition to a club affiliation, athletes are able to represent one (1) corporate sponsor. This corporate sponsor must be a registered USATF Corporate Member and be part of the athlete's membership profile. Corporate Membership applications can be obtained by sending an e-mail to: [membership@usatf.org](mailto:membership@usatf.org)
* All sponsor affiliations must be finalized by close of entries. No sponsor changes will be accepted after this date for the Championships.
* Unattached athletes are encouraged to join a [local club](http://www.usatf.org/clubs/search/) or [create a new club](http://www.usatf.org/clubs/application/download/). Contact your [local Association](http://www.usatf.org/associations/) for information on starting your own club. "Unattached/Non-Scoring" athletes (those athletes not with a registered USATF club) may participate but will not be factored into team scores.
* There are no performance standards to participate.
* USATF member athletes who are citizens of the United States or resident aliens are eligible to compete in these Championships. However, only U.S. citizens may score for a team or win championship awards. Prize money is available for U.S. citizens only, per USATF Championship rules.
* Athletes must be 40 years or older on the day of competition.
* All master athletes must wear an age/gender “back” number showing age division. Runners competing without back numbers will be subject to disqualification.

1. **Age Verification**. Unless your date of birth/age has already been verified according to your USATF online membership profile, all entries must be accompanied by a copy of a legal document (passport or birth certificate) in order to verify date of birth and citizenship. If you have a valid passport at the time of entry, please use a copy of the information page of your passport as verification of citizenship and birth date. These copies will not be returned. You must FAX the copy of your passport or birth certificate, with your membership number, event, and championships name ("USA Masters 5 km Cross Country Championships") written in it to: USATF National Office at 317-261-0514 no later than Wednesday, October 9, 2019 by 5:00 p.m. EDT. We cannot verify ages as part of the packet pick-up process for this event. Runners whose ages are incorrect at the time of the race are subject to possible protest and subsequent disqualification.
2. **Masters Team Scoring.** Master Teams for all Cross Country Championships shall be scored by place as follows:

Each division shall be scored separately by places of the top 3 or 5 team finishers respective of the division (see chart below).

|  |  |  |  |
| --- | --- | --- | --- |
| **Division** | **# Score** | **# Declare** | **# Enter** |
| Men 40+ | 5 | 9 | unlimited |
| Men 50+ | 5 | 9 | unlimited |
| Men 60+ | 3 | 5 | unlimited |
| Men 70+ | 3 | 5 | unlimited |
| Men 80+ | 3 | 5 | unlimited |
| Women 40+ | 3 | 5 | unlimited |
| Women 50+ | 3 | 5 | unlimited |
| Women 60+ | 3 | 5 | unlimited |
| Women 70+ | 3 | 5 | unlimited |
| Women 80+ | 3 | 5 | unlimited |

USATF Rules indicate that when scoring by place:

The team score shall be the total of the finishing positions of the scoring members. The team with the lowest total points is the team winner.

Runners of incomplete teams, team entries not declared eligible for team scoring, and unattached or individual competitors will be eliminated from team scoring. Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners.

When separate competitions are conducted simultaneously, each shall be scored independently. Runners on teams not eligible for a given competition will be eliminated from team scoring in that competition.

If a team fails to finish with a complete scoring team, the team members finishing shall be counted as individuals in the race results and shall be eligible to receive individual awards.

**Team scoring tie breaker** (Rule 7.9.b) – Ties between two or more teams shall be resolved in favor of the team whose last scoring member finishes closer to first place.

1. **Master Team Declarations.**   
   Note that only five (M60+, M70+, M80+, and all women’s teams) or nine athletes (M40+ and M50+) may be declared as scoring members on the final team declaration per team respective of team division.

If more than five/nine athletes are listed on a team’s entry according to the USATF event webpage ‘[status of entry](http://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=101832)’ or the final team declaration form, then, only the first five/nine listed on the USATF ‘status of entry’ web page shall comprise your club's declared scoring team.

Deadlines:

1. Online: Online team declarations deadline is the same as the close of online registration at 5:00 p.m. (PT) on Thursday, October 10, 2019. The online registration system will close at that time and no further additions or changes may be made.
2. In-person: A hard copy final team declaration revision form may be submitted in-person at packet pick-up **no later than 6 pm (PT) on Friday, October 11th**. Phone, email, or fax team revisions will NOT be accepted. No team revisions will be allowed on race day. Team revisions are limited to repositioning existing registrants already affiliated with a club team. No club affiliation changes can be handled onsite after the close of online registration. Team declaration revision forms will be available at packet pick-up. Questions should be directed to the Championships Referee.

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Access to each member club’s entries is available to the person listed as the main contact on the club’s yearly member club application form, as well as club coaches and club administrators as designated by the main club contact. To gain access to your club, e-mail your club's main contact with your name, individual membership number, and role within the club. Note: access to the Management Area is limited to those people who are current individual members of USATF. If you joined as a new individual member instead of renewing, please e-mail your club's main contact person to have your new membership number attached to your club profile.

1. **Team Uniforms.** The jersey or singlet worn by the members of a team (i.e., San Diego TC M50+ “A” team) in Master LDR Championships shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Individuals not complying with this uniform rule may be disqualified from scoring for a team. If a club has an “A” team and a “B” team in the same age/gender division then please obtain stick-on letters at the packet pick-up for identifying tags if both team uniforms are the same.
2. **Awards and Prize Money.**

**USATF Masters Championship Awards and Prize Money ($5,390)**

*Age Division Awards*  
The top three eligible USATF member athletes in each five-year age division, starting with 40-44 and continuing to the age division of the oldest finisher, will receive USATF Championship medals.

*Race Champions ($200)*

The first eligible USATF member athlete in each of the USATF Masters Championship races will receive prize money as indicated in the chart below.

*Prize Money* for e*ach of the four USATF Masters Championship races*

|  |  |  |
| --- | --- | --- |
| Place | Men’s Race Champion | Women’s Race Champion |
| 1st | $100 | $100 |

*Age-Graded Awards ($600)*  
The top three eligible USATF member Masters age-graded athletes in each of the USATF Masters Championship races, will receive USATF medals. The top two will also receive prize money as indicated in the chart below.

Prize Money (*age-graded - individuals*)

|  |  |  |
| --- | --- | --- |
| Age Graded | Men | Women |
| 1st | $200 | $200 |
| 2nd | $100 | $100 |

*USATF Masters Championships Team Awards*USATF Championship medals will be awarded to the declared members of the top three USATF member teams in each team division. A Championship Prize will be awarded to the top USATF member team in each team division.

*Team Prize Money - $4,590*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Men** | | | | | **Women** | | | | |
| 40+ | 50+ | 60+ | 70+ | 80+ | 40+ | 50+ | 60+ | 70+ | 80+ |
| 1st | $375 | $375 | $225 | $225 | $225 | $225 | $225 | $225 | $225 | $225 |
| 2nd | $175 | $175 | $105 | $105 | $105 | $105 | $105 | $105 | $105 | $105 |
| 3rd | $125 | $125 | $75 | $75 | $75 | $75 | $75 | $75 | $75 | $75 |

Masters team prize money is pro-rated for the number of scoring members per team.

Only eligible athletes (USATF members who are U.S. citizens) may score for a team and win USATF team medals.