



**Palmetto JO Cross-Country Meet**  
**Saturday, November 5th, 2022**  
**Generations Park, Aiken, South Carolina**  
**700 Mack Henry Holland Dr, Aiken SC**

Join Aiken's Palmetto Track and Field at Generations Park's cross-country courses. The courses are strategically and entertainingly difficult, featuring drivable trails over long inclines and sandy terrain. Last ¼ mile is viewable and slightly downhill.

Packet Pickup begins Saturday 8:30 am, Courses will remain open until first race begins. Five separate races will be run, combining some gender and age groups.

	Age Divisions/Race	Distance	Gender	Race Time
	<i>WALK Through</i>			<i>9:00 am (semi-guided)</i>
Race #1	8& Under	2K	Girls and Boys	10:00 am.
Race #2	9 - 10 11 - 12	3K	Girls	10:30 am. (age groups scored separately)
Race #3	9 - 10	3K	Boys	11:00 am
Race #4	11 - 12	3K	Boys	11:25 am
Race #5	13 - 14 15- 18*	4K	Girls and Boys	11:55 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. **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 allowed and useful, but the course can be 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 if no subgroup is designated. Alternatively, you may elect to specify team assignment by "A," "B," "C," designations.

Teams and participants must be pre-registered by TBD Minor roster additions/swaps may be accommodated during packet-pick-up. Entry will be via athletic.net or just contact Charles McKeel ([camckeel@gforcecable.com](mailto:camckeel@gforcecable.com)) for alternate entry instructions. The entry format (input file will be emailed to you upon request). There are no fees.

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.

**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 is a new facility, you may also find its as its alternate address of 1596 Columbia Highway, Aiken SC.

2019 USATF SC Association  
Cross Country Championship  
2 K Course  
Generations Park, Aiken SC

Parking

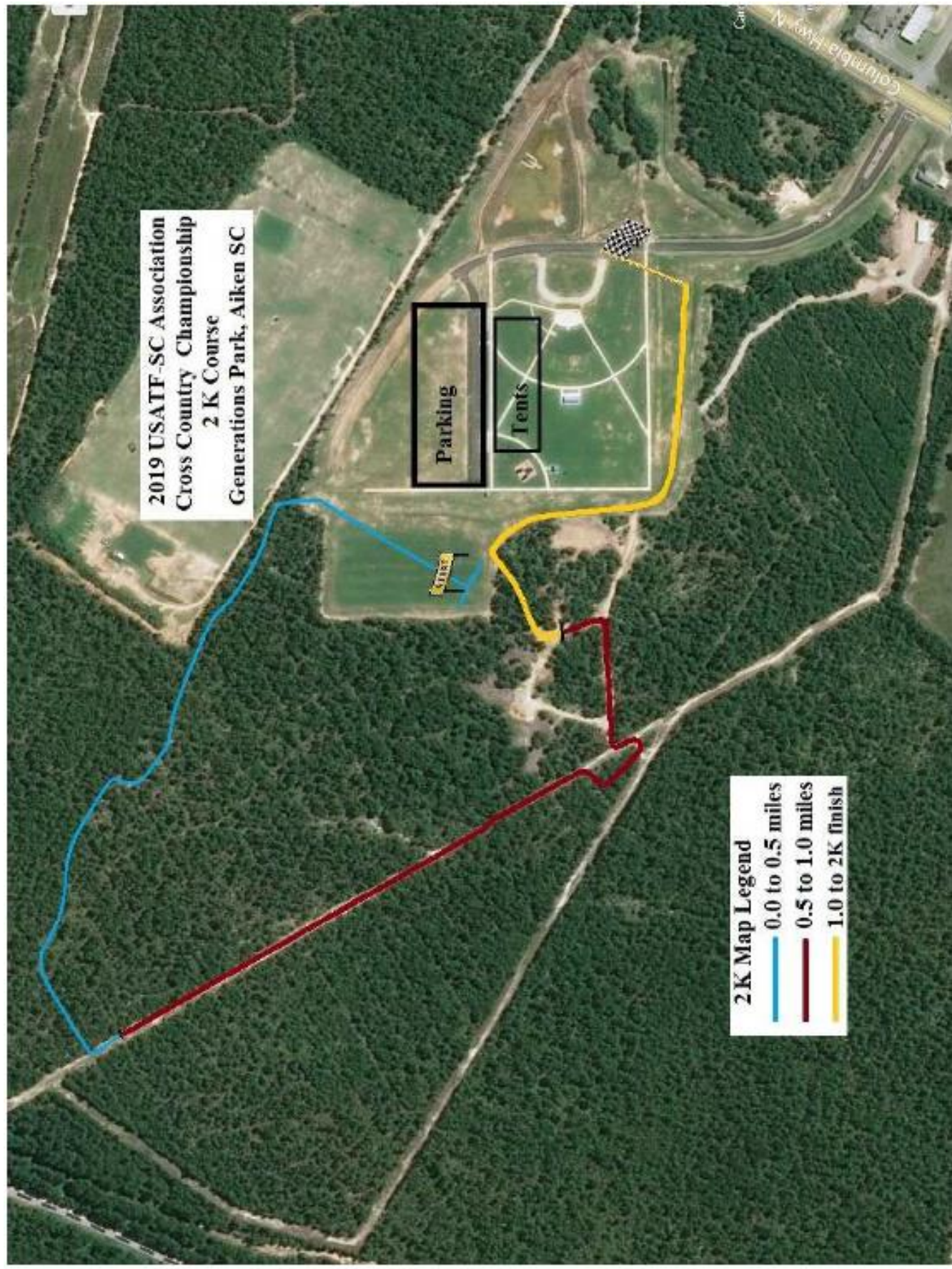
Tents

Start



**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

