



Southern California Municipal Athletic Federation 2018 Cross Country Invitational

**GROUP PRE-REGISTRATION IS ENCOURAGED
WALK-UP REGISTRATIONS WILL BE ACCEPTED**

Eligibility

In order to compete in the SCMAF Invitational, the following eligibility criteria must be met:

1. No prior experience or qualifying required.
2. Participants must compete in their age division.
3. All youth participants must have a Birth verification and SCMAF Minor Release form on file with the meet director.
4. The SCMAF Cross Country Invitational will be viewed as an 'all comers' meet. 'Day Of' Registration will be available.

Uniforms and Equipment

1. Participants must wear some type of gym clothing. Shoes and shorts are required.
2. Tennis shoes and/or cross country shoes must be worn.
3. Spiked track and turf shoes are **not** permitted. Track shoes designed for spikes are **not** allowed, even if spikes are removed.
4. Participants may wear watches or other timing devices during competition. No other jewelry will be permitted on the course.

Awards

Medals will be awarded to the first five (5) places in each individual event. Ribbons will be awarded to sixth (6th) through tenth (10th) place finishers in each individual event.

Fees

Entry Fees for each participant shall be \$12.00. All checks must be made out to **SCMAF**. Associations will be billed for the number of entries, not actual participation. Arrangements can be made for athletes of a team may check in together with a single check or cash payment.

General Rules and Modifications

The official SCMAF rules shall govern all SCMAF Cross Country competitions. SCMAF has created these rules based upon National Federation of State High School Associations (NFSHA) and the California Interscholastic Federation (CIF). NFSHA or CIF rules shall be employed except when they are in conflict with SCMAF Youth Sports rules. In such cases, the official SCMAF rules shall apply.

1. Runners committing two (2) false starts shall be disqualified.
2. A runner shall be liable for disqualification if he/she interferes, obstructs, or gains an advantage over other runners.
3. No pacing shall be allowed.

Competition Divisions

1. Age Division – The year born shall be the sole criteria for determining the competition division. Participants must provide written verification of date of birth. All participants are encouraged to bring a picture ID with them to the championship.
2. Age Groups – The following age groups shall be used for the SCMAF Invitational:
Year Born
2002 and older; 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012 and 2013
3. Gender Divisions – boys and girls will compete in separate divisions; men and women will compete in separate divisions.
4. Meet Director may choose to combine divisions and gender based on number of participants.
5. Finishing order shall be based solely on year born and gender.

Order of Events

<u>Time</u>	<u>Event</u>
9:00 a.m.	Check-in begins – Pick up race tags
10:20 a.m.	Optional course walk through for all Divisions
11:00 a.m.	First Race

**Participants must check in no later than 30 minutes prior to scheduled start time.
Events will not start before scheduled time.**

11:00	Div 13 Girls	11:15	Div 13 Boys	1 Kilometer
11:00	Div 12 Girls	11:15	Div 12 Boys	1 Kilometer
11:00	Div 11 Girls	11:15	Div 11 Boys	1 Kilometer
11:30	Div 10 Girls	11:50	Div 10 Boys	2 Kilometer
11:30	Div 09 Girls	11:50	Div 09 Boys	2 Kilometers
11:30	Div 08 Girls	11:50	Div 08 Boys	2 Kilometers
12:10	Div 07 Girls	12:40	Div 07 Boys	3 Kilometers
12:10	Div 06 Girls	12:40	Div 06 Boys	3 Kilometers
12:10	Div 05 Girls	12:40	Div 05 Boys	3 Kilometers
12:10	Div 04 Girls	12:40	Div 04 Boys	3 Kilometers
12:10	Div 03 Girls	12:40	Div 03 Boys	3 Kilometers
1:10	Div 02 thru Adult Women's	1:10	Div 02 thru Adult Men's	5 Kilometers