

# USATF HAWAII ASSOCIATION 2019 CROSS COUNTRY EVENT SERIES NEWSLETTER

**This year's cross country series will be at Halawa District Park**

Starting on September 1, the developmental meets will be on eight different Sundays until November 17, which will be the Championship Meet (Please see schedule below).

The meet will start at 8:00 a.m. and should be finished by 9:00 a.m. (which gives people time to attend services). All USATF Hawaii association members are welcome to participate.

Pass members are always welcome to participate, just update your membership.

## To locate Halawa District Park:

If on H1 going West (towards Pearl Ridge), take the exit to Halawa/H3 (make sure to not take the H3 exit). Make a right turn towards Halawa Valley, then the 1st left just past the Diagnostics Lab Building --> the park will be on your left.

If on H1 going East (towards downtown), I found it easier to take Red Hill exit --> make a left and get back on H1 West and take to Halawa Exit. Make a right turn towards Halawa Valley, then the 1st left just past the Diagnostics Lab Building --> the park will be on your left.

## SCHEDULE AND AGE GROUPS

2019 USATF-HAWAII CROSS COUNTRY EVENT SERIES SCHEDULE:

ALL MEETS WILL BE AT HALAWA DISTRICT PARK

<u>Date</u>	<u>Month</u>	<u>Day</u>	<u>Time</u>	<u>Event/Activity</u>
1	Sep	Sun	8:00 a.m.	XC Meet - DEV
8	Sep	Sun	8:00 a.m.	XC Meet - DEV
22	Sep	Sun	8:00 a.m.	XC Meet - DEV
29	Sep	Sun	8:00 a.m.	XC Meet - DEV
13	Oct	Sun	8:00 a.m.	XC Meet - DEV
27	Oct	Sun	8:00 a.m.	XC Meet - DEV
10	Nov	Sun	8:00 a.m.	XC Meet - DEV
17	Nov	Sun	8:00 a.m.	Cross Country Meet - Championship

NOTE: Times may be plus or minus a few minutes, depending on the amount of participants in the first meet

**SCHEDULE/ORDER OF EVENTS** (see key below for age divisions by color)

8:00 am 1 KM – 3 KM Runners (RE, PU, GR, YE)

8:30 am 4 KM – 5 KM (BL, OR, WH) Open & Masters

Our meets are on Sundays to make sure that any school cross country athlete is not participating in two events for the day. [Please download the liability waiver form and bring it to the XC meet, clicking on this link.](#)

#### Youth/Open/Masters Divisions:

The new youth divisions adopted by USATF are as follows – based on the year the individual was born (see rule 300 of USATF Rule Book). Please get in the habit of using these designations with working with your athletes, so that they will know who we are talking about during the summer track meets:

#### AGE KEY:

<b>Band Color</b>	<b>Year of Birth</b>	<b>Age Division</b>	<b>Distance</b>
Red	2013 or later	6 and under	1 KM
Purple	2011 or 2012	8 and under	2 KM
Green	2009 or 2010	9 – 10	3 KM
Yellow	2007 or 2008	11 – 12	3 KM
Blue	2005 or 2006	13 – 14	4 KM
Orange	2003 or 2004	15 – 16	5 KM
White	2001 or 2002	17 – 18	5 KM
White	1990 – 2000	OPEN	5 KM
White	1989 or under AGE __	MASTERS	5 KM

Open/Masters Athletes are welcomed to participate in all the Cross Country Series, which means anyone 19 years of age or older can pull out those running shoes and participate.

Open athletes are 19 to 29 years of age, while masters athletes are 30 and older, with four year increments and so on. eg: 30 - 34, 35 - 39, 40 - 44, 45 - 49 for both female and male.

\*Note: an athlete must be at least 7 years of age by December 31, 2018, in order to participate in the National Youth Athletics or Junior Olympics championships. But younger children MAY participate in the 6U and under division of USATF-HI – we welcome their participation.

The meets at Halawa District Park will need approximately 4 - 6 volunteers to be at strategic locations on the course. This is for safety and making sure that athletes are going the correct direction.

**NOTE: Matson Shipping Company donated \$1,000 to our association this year, because of the Association volunteering to clean up Halawa District Park, so the Cross Country Event Series fees will be waived for 2019, which covers all developmental meets," except for the championship meet. For the XC championship meet, a fee of \$5 is applicable payable via Athletic.net. The most that an association can charge is \$10, but Mark Zeug (Association President) has decided to keep the cost at \$5.**

Please make sure that all participants are members of USATF Hawaii Association. If you are not a current member, you can join by clicking on the following link: <http://www.usatf.org/Products---Services/Individual-Memberships.aspx>

# COURSE MAP - THE COURSE IS A ONE KILOMETER LOOP COURSE:

