

2026 USA TRACK & FIELD Utah Association CROSS-COUNTRY CHAMPIONSHIPS



Saturday November 7, 2026



Big Cottonwood Complex

MEET GUIDE

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AGE DIVISIONS

AGE DIVISION	BIRTH YEAR
8 & Under	2018+
9-10	2016-2017
11-12	2014-2015
13-14	2012-2013
15-16	2010-2011
17-18	2008-2009

ELIGIBILITY REQUIREMENTS

Individuals

- All athletes must be current USATF members and be in good standing.
- Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete.
- Competitors must compete in their own age division; no “moving up” in events, including relays.

DATE OF BIRTH (DOB) VERIFICATION

- USATF National Championships require that the registrants are date-of-birth (DOB) verified. For full details on the submission process and requirements, please see the [USATF Date of Birth Verification Policy web page](#).
- Documents submitted for DOB verification must be received no later than five business days prior to the registration deadline of the event. Verification may take up to five business days.
- DOB verification will not be accepted by nor uploaded by USATF National Office. Procedures for submitting these documents must be adhered to. There are no exceptions.
- If a document is incomplete, it will be invalidated and not processed. Invalidated documents will not result in an extension of the submission deadline for resubmission.
- Valid documents will remain a permanent part of the member profile and will not require re-submission.

ATHLETE ENTRY INSTRUCTIONS

After confirming eligibility and ensuring the athlete is a DOB verified USATF member, please follow these steps to register an athlete:

1. Review Registration Links & Deadlines:

- Link: <https://www.athletic.net/edit/crosscountry/meet/register/5040124/overview>
- Registration Opens: Oct 1, 2026
- Registration Closes: Nov 4, 2026
- Note: late entries will not be accepted

2. Verify Data

- Ensure all names, birthdates, events, and team affiliations are correct in Athletic.net before submission

3. Check Entry Fees

- Entry Fee: \$10.00
- Replacement Bibs: \$5.00

4. Sign Waiver

- All participating athletes must complete the participant waiver and release form on the registration site.

5. Payment

- Team entries: pre-authorization of a credit card required
- Unattached athletes: immediate payment required

Need Help?

- [Team entries support article](#)
- [Individual entries support article](#)

SCHEDULE

Course Preview - 9:00-9:50am (PLEASE do not run on course during races)

AGE DIVISION	DISTANCE	START TIME
OPEN/15-18 (born 2008-2011)*	5km (3.1 mi)	Men & Women - 10:00 am
6 & under (born 2020+)*	1km (0.62 mi)	Boys & Girls - 10:30 am
7-8 (born 2018-2019)	2km (1.24 mi)	Girls - 10:45 am Boys - 11:00 am
9-10 (born 2016-2017)	3km (1.86 mi)	Girls - 11:15 am Boys - 11:35 am
11-12 (born 2014-2015)	3km (1.86 mi)	Girls - 11:55 am Boys - 12:15 pm
13-14 (born 2012-2013)	4km (2.48 mi)	Girls - 12:35 pm Boys - 1:05 pm

COURSE

- 5K will do one 1K loop then two 2K loops
- 4K will do two 2K loops
- 3K will do one 1K loop then one 2K loop



BIB NUMBERS

- Bib Pick Up Location: USATF Tent
- Bib Pick Up Times: 60 minutes prior to your race
- Replacement Fee: \$5.00
- All athletes must wear their assigned bib numbers during competition
- Bibs must be worn on the front of the jersey only

EVENT CHECK-IN

- Check-In Location: Start line
- Check in 10 minutes prior to the scheduled starting time
- All athletes will be required to remain in the designated warm-up areas after checking in.

RESULTS

Can be found:

- Onsite Location: at the USATF tent at the finish area
- Online: utah.usatf.org

PROTESTS

- Fee: \$100
- Must be submitted within 30 minutes of the announced results.
- Protest fee will be refunded if the protest is upheld.

AWARDS

USA Track & Field Junior Olympic medals will be awarded to the 1st-15th individuals and top 2 teams in each event of each age division.

ADVANCEMENTS

Association → Nationals

- The top 15 individuals and top 2 teams in each event and age division will advance to the USATF National Championships.

Nationals

- Date: December 12, 2026
- Location: Lafayette, Louisiana
- Website: [2026 USATF National Junior Olympic Cross-Country Championships](https://www.usatf.org/2026-usatf-national-junior-olympic-cross-country-championships)

For the most current Championship information, including updates and event details, please refer to the official championship website. The website will be updated as additional information becomes available.

DIRECTIONS & PARKING

- Venue: Big Cottonwood Regional Park
4300 S 1300 E
Millcreek, UT 84117
- Directions: Enter on 1300 E
- Parking: Near the center of the park or start line

SAFE SPORT POLICY

Learning of information or reasonably suspecting bullying, hazing, physical or emotional misconduct, or other violations of the [MAAPP](#) report directly to USA Track & Field.

- Call: 317-713-4688
- Text: (833) 9-USATF (987-2834)
- Email: usatfsafesport@usatf.org

Learning of information or reasonably suspecting child abuse, child sexual abuse, sexual misconduct involving adults and/or minors, or criminal sexual charges report to the U.S. Center for SafeSport.

- Call: 833-5US-SAFE (587-7233)
- Report Online: uscenterforsafesport.org/report-a-concern

All Adult Participants are required to report allegations of sexual misconduct or child abuse immediately to local law enforcement and/or CPS as well as the U.S. Center for SafeSport.

SOCIAL

We encourage you to share your favorite meet day moments. Be sure to tag @usatf and @usatfutah in your posts.

CONTACT INFORMATION

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