

2026 USA TRACK & FIELD NEW JERSEY CROSS-COUNTRY CHAMPIONSHIPS



Saturday, 11/8/26
Start Time: 1:00pm



Central Park, Morris Plains, NJ 07950

MEET GUIDE

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AGE DIVISIONS

AGE DIVISION	BIRTH YEAR	DISTANCE
8 & Under	2018+	2 km (1.24 miles)
9-10	2016-2017	3 km (1.86 miles)
11-12	2014-2015	3 km (1.86 miles)
13-14	2012-2013	4 km (2.48 miles)
15-16	2010-2011	5 km (3.1 miles)
17-18	2008-2009	5 km (3.1 miles)

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/CrossCountry/meet/286715/info>
- Registration Opens: Thursday, 10/5/26, 9:00am
- Registration Closes: Thursday, 11/5/26, 6:00pm
- Note: late entries will not be accepted

2. Verify Data

- **All Athletes must be age verified by Tuesday, 11/3/26**
- Ensure all names, birthdates, events, and team affiliations are correct in Athletic.net before submission

3. Check Entry Fees

- Entry Fee: \$10

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

Age Division	Distance
15-18	5 km (3.1 miles)
8 & Under	2 km (1.24 miles)
9 & 10	3 km (1.86 miles)
11 & 12	3 km (1.86 miles)
13 & 14	4 km (2.48 miles)

Course walk through is at 12:00pm
Separate races in each age group, girls race first,
followed by the boys
(15-16 and 17-18 age groups will be combined)

Rolling Schedule

BIB NUMBERS

- Bib Pick Up Location: Gazebo between the starting line and finish line
- Bib Pick Up Start Time: 11:45am
- Replacement Fee: \$20
- 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: At packet pickup and athletes will line up at the starting line for their event when called
- Check in 45 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:

- During competition, event results will be posted on: <https://finishtiming.trackscoreboard.com/>
- Online In addition, event results will be posted within 72 hours on the USATF-NJ website: <https://newjersey.usatf.org/>

PROTESTS

- Fee: \$50 cash
- 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 15 individuals. • Eight (8) athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score

ADVANCEMENTS

Association → Regional

- The top 15 individuals and specific teams in each event and age division will advance to the USATF Region 2 Championships.
 - Date: November 22, 2026
 - Time: 9:30 AM – 3:00 PM
 - Location:
Bassett Park
359 Klein Rd
Williamsville, NY 14221
- Details for advancements must be declared online at:
<https://niagara.usatf.org/26region2juniorolympicszxc>
 - Declarations open:
 - Date: 11/11/2026
 - Time: 9:00am
 - Declarations close:
 - Date: 11/19/2026
 - Time: 6:00pm

Regional → National

- Advancement from the Regional Championships to the National Championships follows [USA Track & Field Rule 306.3](#):
- The top 30 individual finishers qualify, with no alternates.
- Athletes who finish in the top 30 and are also members of a qualifying team still retain their individual qualifying spot.
- A team qualifies if at least five of its athletes finish in the top 30 at Regionals.
- No team finishing 6th or lower can advance simply because a higher-placing qualifying team declines to participate.

Nationals

- Date: December 12, 2026
- Location: Lafayette, Louisiana
- Website: [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: Follow Park directions and park rangers

VENUE POLICIES

COURSE MAPS:

2 km (1.24 miles) - <https://youtu.be/DcxpbRjZ24>

3 km (1.86 miles) - https://youtu.be/xFvww_WdAXQxxxxxxzxxx

4 km (2.48 miles) - <https://youtu.be/54dY7EVhpjY>

5 km (3.1 miles) -

https://mail.google.com/mail/u/0?ui=2&ik=97c910ac02&attid=0.1&permmsgid=msg-a:r-5180557551718591238&view=att&disp=safe&realattid=f_l9x4elj50

All Maps Visit: <https://cc.parsippanyexpress.org/central-park-course-info>

REQUESTS FOR WAIVER

- Any competitor who doesn't not compete in the Association Championship and wishes to compete in the National JO Cross Country Championship must submit a waiver request by the close of the on-time registration for the Association Championship.
- Athletes who compete in their NJSIAA High School Championships meet may be advanced to the National Championships if the Association Championships conflict with the State meet. "Conflict" means both meets are held within 48 hours of the other. Athletes must submit a waiver request to the Association by the close of the on-time registration for the Association Championship (**Wednesday, November 5, 2026**).
- In the event a competitor is injured, and that injury is medically documented between the close of on-time registration and the start of their division of competition, submit a waiver request and documentation to support the injury. • The waiver document must be in accordance with rule 306.1(i)
- Email waiver to: managingdirector@newjersey.usatf.org & usatfjncertification@gmail.com

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 @usatfnj in your posts.

CONTACT INFORMATION

- Managing Director, Terry Mullane: managingdirector@newjersey.usatf.org
- Youth Chair, Tia Livingston: usatfnjcertification@gmail.com
- Vice Chair, Michael Renn: mrenn1967@gmail.com