



Cross Country program.

XC=abbreviation for Cross Country

PA=Abbreviation for Pacific Association which is part of the USATF who sanctions the cross country season

USATF=United States America Track and Field

Season: August – December

Races=11 races of varying distances throughout Northern California. Most runners choose 3-5 races each season. Your team captain may have suggestions on which races to run. We know most runners can't commit to all races and hope 3-5 fit each runner's schedule.

Most are held in parks with a variety of terrain from pavement to grass to gravel and dirt.

Days and times: Generally, races are on Saturdays with an occasional Sunday. They are in the morning with most starting at 9am. [Full Schedule here](#)

Format: Races are separated by Gender and age.

Women all run together and are scored according to age. See below for details.

Men run two races; Open (39 years and under) and Masters (40 years and over)

Divisions:

Open: 39 years and younger (requires 5 runners to score as a team)

Masters: 40-49 years (requires 3 runners to score as a team)

Senior: 50-59 years (requires 3 runners to score as a team)

Super Seniors: 60-69 years (requires 3 runners to score as a team)

Veterans: 70+ years.

Scoring:

Teams score points based on how their runners place within their division. For example, if a 43-year-old is 4th in the Master's division, she will earn 4 points. The team with the lowest score wins.

Empire Open:

Empire Runners host our own race. Our local Empire-hosted race has been the Empire Open at Spring Lake Park which is usually held in late August.

Carpool: Our runners meet to carpool from the Santa Rosa area. The carpool also stops in Petaluma.

Levels:

What we love most about XC is that everyone can run. No matter your age or ability, you will be an important part of the team and find someone to run with. Of course, there are extremely fast and competitive runners at the front and good for them. The majority are running for the joy of running in beautiful places with teammates during Northern California's best season, Autumn.

More information:

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