

Free Spirit Cross Country Invitational

SANCTIONED BY: Southern California Association / U.S.A. TRACK & FIELD

DATE/ TIME: Sunday, October 8th 2006 at 9:15 a.m.
Course walks at 8: 15a.m.

LOCATION: Mt. SAC Cross Country Course, Walnut, California.

COURSE: Challenging course over asphalt and dirt trails with flat and rolling hill combinations, plus switch backs and tough hills.

REGISTRATION: Registrations will open up at 7:45 a.m. and terminate at 9:30 a.m.

DIVISION & DISTANCE:	Sub-Bantams - Combined	(1998 & under)	***** 2000 meters
	Bantam Girls/Bantam Boys	(1997-96)	***** 3000 meters
	Midget Girls/ Midget Boys	(1995-94)	***** 3000 meters
	Youth Girls/ Youth Boys	(1993-92)	***** 4000 meters
	Intermediates Girls Boys	(1991-90)	***** 5000 meters
	Young Women & Men +	(1989-88)	***** 5000 meters
(\$ 10.00 per event)	Open (Combined)	(19yrs-Older)	***** 5000 meters

ENTRY FEES: Three Dollars (\$3.00) for all youth athletes. Open \$ 10.00. **TEAM AWARDS will be given shortly after the points have been tabulated each division. A team consist of a minimum three (3) runners and maximum (5) runners per team. Team entries are \$ 10.00.**

ENTRY DEADLINE: All entries must be received no later than October 4, 2006. Early registration helps to ease the long lines at the registration table. Late registration will be accepted. You may fax a team list as long as it is divided by sex and division.

Special Request To Teams that plan on coming to Association JO Championships, I would appreciate it if you could send me a team list with the following information on it. (Date of Birth, Membership # if they have a current one at this time and hometown.) It will give me a huge advantage on Association registration. I will give you JO Applications at this time as well.

AWARDS: Medals will be given to 1st thru 8th place, Participant ribbons will be given to all that didn't get medals. If I can get the track pins I will give them to the ribbon recievers

MAIL ENTRIES or FAX, or EMAIL **DENISE SMOTHERMAN**
165 South Dommer Ave
WALNUT, CA. 91789

Home (909) 595-0103 FAX # (909) 595-84446 Smotgnd52@earthlink.com

SNACK BAR Fruits, muffins, coffee, juices, water, sodas, sports drinks, donuts and hot dogs will be available.

HOTELS / MOTELS

Hotels and Motels closest to Mt. Sac are located north of college on the 10 freeway, no more than 3 miles from meet. There are several hotel/motels in that same vicinity. Restaurants and Major shopping center are within a 5 mile radius. If more information is needed please don't hesitate to call.

DIRECTIONS: Mt. SAC is between the Pomona and San Bernardino Fwys. and west of the Orange Fwy (57)

From Inland Empire area take San Bernardino Fwy. go west to the (57)Fwy, go south 1 mile to Temple Ave. and turn Rt and go west approximately 2 miles and turn Lt at Bonita and park in lot R.

From the LA area go east on Pomona Fwy (60) go east to Grand and turn Lt then go about 2 miles to Temple and turn Rt and then turn Rt at Bonita and park in lot R.

From the LA area go east on the San Bernardino Fwy (10) to Grand exit and turn Rt then go 3 miles to Temple and turn Lt. then go to Bonita and turn Rt at Bonita and park in lot R.

From the 210 Fwy go east to Orange Fwy. (57) south and get off at Temple Ave. and go west approximately 2 miles and turn left at Bonita and park in lot R.