

VALLEY UNITED STRIDERS
CROSS COUNTRY INVITATIONAL MEET
2012
Pierce College

DATE: Saturday, September 15, 2012

TIME: Walk through will begin at 08:00 a.m. and the first race will be at 08:45 a.m. Races will start approximately every 15 minutes and will overlap. Youth and Intermediate will race at the same time.

DIVISIONS & DISTANCE:

7:30 HIGH SCHOOL TEAMS	(HIGH SCHOOL and OPEN)	3 MILE HS COURSE
8:45 am SUB-BANTAM GIRLS	(Born in 2004 or later)	2000m (1.2 miles)
9:00 am SUB-BANTAM BOYS	(Born in 2004 or later)	2000m (1.2 miles)
9:15 am BANTAM GIRLS	(Born 2002 or 2003)	3000m (1.8 miles)
9:30 am BANTAM BOYS	(Born 2002 or 2003)	3000m (1.8 miles)
9:45 am MIDGET GIRLS	(Born 2000 or 2001)	3000m (1.8 miles)
10:00 am MIDGET BOYS	(Born 2000 or 2001)	3000m (1.8 miles)
10:15 YOUTH GIRLS & BOYS	(Born 1998 or 1999)	4000m (2.4 miles)
10:15 INTERMEDIATE GIRLS & BOYS	(Born 1996 or 1997)	4000m (2.4 miles)

ENTRY FEES: (\$5.00) per athlete, A team will consist of at least 3 athletes and a maximum of 5 athletes per team to be eligible for team award.

AWARDS: Ribbons will be awarded to the top 8 individual places. Team trophies will be awarded to the top team in each age division.

ADDRESS: 6201 Winnetka Ave, Woodland Hills, California, 91371 (The cross country course is next to The track).

PRE-REGISTRATION: please email athlete rosters to alanbingham@runstorm.org, include in the list, Athlete's First & Last Name, Date of birth, Gender, Team or Unattached.

REGISTRATION DAY OF MEET: Begins at 07:30 a.m. and ends at 09:30 a.m. Please arrive on time.

INFORMATION: For more information email Ron McGee at rmcgeeco@yahoo.com, or call C. (818) 416-3285

VALLEY UNITED STRIDERS
 CROSS COUNTRY INVITATIONAL MEET
 2012
 PIERCE COLLEGE

Team Name	
City	
Coach	
email address	
phone	

Minimum of 3 members per team

	Athlete names	AG	DOB	Gender
1				
2				
3				
4				
5				

	Athlete names	AG	DOB	Gender
1				
2				
3				
4				
5				

	Athlete names	AG	DOB	Gender
1				
2				
3				
4				
5				

	Athlete names	AG	DOB	Gender
1	John Q Public	Bantam	7/4/2003	Boy

Please use the above form to submit your teams, print more if need and email to info@valleyconference.org
 A team must have at least 3 athletes, and no more than 5. No mixed genders/age groups please

VALLEY CONFERENCE YOUTH CROSS COUNTRY OPEN MEETS

DATES: Saturday, September 8, 2012 @ 8:30 a.m. @ O'Melveny Park
Saturday, September 15, 2012 @ 8:30 a.m. @ Pierce College
(*Invitational Meet, Team scoring)
Saturday, September 22, 2012 @ 8:30 a.m. @ Corriganville Park
Saturday, October 6, 2012 @ 8:30 a.m. @ Cresenta Valley Park
Saturday October 20, 2012 @ 8:30 a.m. @ El Cariso Park

TIME: Walk through will begin at 08:00 a.m. and the first race will be at 08:30 a.m.

DIVISIONS & DISTANCE:

GREMLIN (SUB-BANTAM)	(Born in 2004 or later)	2000m (1.2 miles)
BANTAM	(Born 2002 or 2003)	3000m (1.8 miles)
MIDGET	(Born 2000 or 2001)	3000m (1.8 miles)
YOUTH	(Born 1998 or 1999)	4000m (2.4 miles)
INTERMEDIATE	(Born 1996 or 1997)	4000m (2.4 miles)

September 8, and 15th Only. Add the following divisions.

HIGH SCHOOL	(High School Teams)	3 mile
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ENTRY FEES: Five Dollars (\$5.00) per athlete. (*Invitational Meet: \$5.00 individuals, No Team fees for competitive teams of 3 athletes min 5 max same gender same age group, team scoring, awards).

Awards: Top 3 teams, in each division. At Invitational meet only September 15, 2012

PRE-REGISTRATION: please send athlete rosters on attached form and email to alanbingham@runstorm.org

REGISTRATION DAY OF MEET: Begins at 07:45a.m. and ends at 08:15 a.m.

INFORMATION: For more information email Ron McGee at rmcgeeco@yahoo.com, or call H. (818) 416-3285 Or visit our website at www.vyc-xc.org

The Valley Youth Conference has a membership of over 450 athletes in the 2012 Cross country season and contains the following clubs: **Hawks Cross Country, High Desert Heat Cross Country, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Santa Clarita Track Club, Simi Valley Spartans, So Cal Supersonics, Palmdale Bullets, Village Christian, West Valley Eagles**

We ask that if you plan on having your team race that you please send your rosters in advance of the meet to Alan Bingham at alanbingham@runstorm.org