

*VALLEY UNITED STRIDERS
CROSS COUNTRY INVITATIONAL MEET
2014
Pierce College*

DATE: Saturday, September 20, 2014

TIME: Open 3 mile race @ 7:30 No Walk through, age group races walk through will begin at 08:00 a.m. with the first race will begin at 08:45 a.m. Races will start approximately every 20 minutes and will overlap. 13/14 and 15/16 will race at the same time.

DIVISIONS & DISTANCE:

7:30 HIGH SCHOOL TEAMS / OPEN	(HIGH SCHOOL and OPEN)	3 MILE HS COURSE
8:45 am SUB-BANTAM GIRLS - 8 & under	(Born in 2006 or later)	2000m (1.2 miles)
9:00 am SUB-BANTAM BOYS - 8 & under	(Born in 2006 or later)	2000m (1.2 miles)
9:15 am BANTAM GIRLS - 9/10	(Born 2004 or 2005)	3000m (1.8 miles)
9:30 am BANTAM BOYS - 9/10	(Born 2004 or 2005)	3000m (1.8 miles)
9:45 am MIDGET GIRLS - 11/12	(Born 2002 or 2003)	3000m (1.8 miles)
10:00 am MIDGET BOYS - 11/12	(Born 2002 or 2003)	3000m (1.8 miles)
10:15 YOUTH GIRLS & BOYS - 13/14	(Born 2000 or 2001)	4000m (2.4 miles)
10:15 INTERMEDIATE GIRLS & BOYS - 15/16	(Born 1998 or 1999)	4000m (2.4 miles)

ENTRY FEES: (\$5.00) per athlete and no team fee, A team will consist of at least 3 athletes and a maximum of 5 athletes per team to be eligible for team award.

AWARDS: Medal will be awarded to the top 8 individual places (At Finish line) Participate ribbon to the next 20. Team trophies will be awarded to the top 3 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 07:00 a.m. and ends at 09:30 a.m. Please arrive on time.

INFORMATION: For more information email Alan Bingham at alanbingham@runstorm.org or call C. (661) 755-6197

HOSTED BY: Hawks Track Club, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Palmdale Bullets, Santa Clarita Track Club - Storm, Trinity Knights, West Valley Eagles, Valley United Striders. Valley Youth Conference.

VALLEY UNITED STRIDERS
 CROSS COUNTRY INVITATIONAL MEET
 2014
 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	9/10	7/4/2004	Boy

Please use the above form to submit your teams, print more if need and email to alanbingham@runstorm.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 6, 2014 @ 8:00 a.m. @ El Cariso Park – LA Country XC Invite
Saturday, September 13, 2014 @ 8:30 a.m. @ O'Melveny Park
Valley United Striders Invitational XC Meet
Saturday, September 20, 2014 @ 7:00 a.m. @ LA Pierce College – Woodland Hills
Saturday, September 27, 2014 @ 8:30 a.m. @ Santa Clarita Central Park
Saturday, October 4, 2014 @ 8:30 a.m. @ El Cariso Park
Saturday October 11, 2014 @ 8:30 a.m. @ Woodley Park

Bouquet Canyon Invitational Cross Country Meet (See Flyer for info)
Saturday November 1, 2014 @ 8:00 a.m. @ Santa Clarita Central Park

TIME: Walk through will begin at 08:00 a.m. and the first race will be at 08:45 a.m.

DIVISIONS & DISTANCE:

8 and Under	(Born in 2006 or later)	2000m (1.2 miles)
9/10	(Born 2004 or 2005)	3000m (1.8 miles)
11/12	(Born 2002 or 2003)	3000m (1.8 miles)
13/14	(Born 2000 or 2001)	4000m (2.4 miles)
15/16	(Born 1998 or 1999)	4000m (2.4 miles)

ENTRY FEES: Five Dollars (\$5.00) per athlete.

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 Alan Bingham at alanbingham@runstorm.org, or call C. (661) 755-6197 or visit our website at www.vyc-xc.org

The Valley Youth Conference has membership of over 400 athletes for the 2013 cross country season and contains the following Member clubs: **Hawks Cross Country, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Santa Clarita Track Club, Trinity Classical Knights, 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, We will provide competitor labels for your athletes.

Note that all of these meets are invitational meets, however no awards will be awarded nor will there be any team scoring except for the Valley United Striders Invitational and the Bouquet Canyon Invitational Meet.

BOUQUET CANYON CROSS COUNTRY INVITATIONAL MEET SANTA CLARITA CENTRAL PARK

DATE: Saturday, November 1, 2014

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:

Races will be combined by distance to expedite meet. ie 2k, 3k, 4k

7:30 am OPEN	(HIGH SCHOOL and OPEN)	3 MILE HS COURSE
8:45 am 8 AND UNDER GIRLS	(Born in 2006 or later)	2000m (1.2 miles)
8 AND UNDER BOYS	(Born in 2006 or later)	2000m (1.2 miles)
9/10 GIRLS	(Born 2004 or 2005)	3000m (1.8 miles)
9/10 BOYS	(Born 2004 or 2005)	3000m (1.8 miles)
11/12 GIRLS	(Born 2002 or 2003)	3000m (1.8 miles)
11/12 BOYS	(Born 2002 or 2003)	3000m (1.8 miles)
13/14 GIRLS & BOYS	(Born 2000 or 2001)	4000m (2.4 miles)
15/16 GIRLS & BOYS	(Born 1998 or 1999)	4000m (2.4 miles)

ENTRY FEES: (\$5.00) per athlete and no team fee.

AWARDS: Participate ribbon to top 25.

ADDRESS: 27150 Bouquet Canyon Rd., Santa Clarita, California, 91350

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 07:00 a.m. and ends at 09:30 a.m. Please arrive on time.

INFORMATION: For more information email Alan Bingham @ alanbingham@runstorm.org, or call C. (661) 755-6197

HOSTED BY: Hawks Track Club, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Palmdale Bullets, Santa Clarita Track Club – Storm, Trinity Classical Academy, West Valley Eagles, Valley United Striders. Valley Youth Conference, Village Christian School.