

*VALLEY UNITED STRIDERS
CROSS COUNTRY INVITATIONAL MEET
2013
Pierce College*

DATE: Saturday, September 21, 2013

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 / OPEN	(HIGH SCHOOL and OPEN)	3 MILE HS COURSE
8:45 am SUB-BANTAM GIRLS	(Born in 2005 or later)	2000m (1.2 miles)
9:00 am SUB-BANTAM BOYS	(Born in 2005 or later)	2000m (1.2 miles)
9:15 am BANTAM GIRLS	(Born 2003 or 2004)	3000m (1.8 miles)
9:30 am BANTAM BOYS	(Born 2003 or 2004)	3000m (1.8 miles)
9:45 am MIDGET GIRLS	(Born 2001 or 2002)	3000m (1.8 miles)
10:00 am MIDGET BOYS	(Born 2001 or 2002)	3000m (1.8 miles)
10:15 YOUTH GIRLS & BOYS	(Born 1999 or 2000)	4000m (2.4 miles)
10:15 INTERMEDIATE GIRLS & BOYS	(Born 1997 or 1998)	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 top 25. Team trophies will be awarded to the top team in each age division.

CUSTOM T-SHIRTS: We will have a custom event tee-shirts available

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 Ron McGee at rmcgeeco@yahoo.com, or call C. (818) 416-3285

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

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 CROSS COUNTRY INVITATIONAL MEET
 2013
 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 alanbingham@runstorm.org
 A team must have at least 3 athletes, and no more than 5. No mixed genders/age groups please