

# *Free Spirit Condors*

## *Cross Country Invitational*

### **2017**

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

**DATE/ TIME:** Sunday, October 15<sup>th</sup> 2017 at 9:15 a.m. Course walks at 8:30 a.m

**LOCATION:** Arcadia County Park 405 S Santa Anita Ave Arcadia CA.91006

**COURSE:** Course is a flat course mostly on grass with some concrete paths  
Copies of the course maps will be available online by the 6th of October.

#### **DIVISION & DISTANCE**

8 and UNDERS (Born in 2009 or later) 2000m (1.2 miles)

9 and 10 year olds (Born 2008 or 2007) 3000m (1.8 miles)

11 and 12 year olds (Born 2006 or 2005) 3000m (1.8 miles)

13 and 14 year olds (Born 2004 or 2003) 4000m (2.4 miles)

**\*\*\* 15 & 16 (Born 2002 or 2001) 5000m (3 miles) will run with the Open at 8:00 am**

**\*\*\* 17 & 18 (Born 2000 or 1999) 5000m (3 miles) will run with the Open at 8:00 am**

**19 plus ( Born 1998 and earlier) 5000m (3 miles) at 8:00am**

#### **ENTRY FEES:**

Five Dollars (\$5.00) for all youth athletes. Open \$ 10.00.

Open Athletes (Combined)(19yrs-Older) 5000 meters

Start Time: 8:00 am **Promptly**

Medals will be given to the top 8 men and top 8 women for the Open Athletes.

#### **REGISTRATION:**

To compete in this meet you must do the following;

Register for the meet online at Coacho.com starting Sept.15th and registration closes on

Oct. 12th @11:59 PST <https://coachoregistration.com/dbi-bin/calendar.pl>

Scroll down the page and find the meet on October 15th and enter your team or athlete.

If you need help or have questions about using CoachO call Denise at 909 595-0103.

Pre registered teams will only have to wait in **Line (1)** to pay their fees **Line (2)** is for

late registration and changes. **Line (3)** is for late registration for Open athletes and

anyone running in the 5000 meters. All late registered athletes must include their DOB

and team affiliation, sex and division. Pre registration will help to ease the long lines at

the registration table. The more who pre-registered, the quicker the meet starts and

ends. **Teams please register your OPEN runners.** Their tags will be in your packet

## **LATE REGISTRATION:**

Registrations will open at 7:00a.m. 15-16, 17-18 and OPEN runners late registration will close at 7:35 in order to be ready to run at 8:00 AM. All other registration will **absolutely close** at 9:00 AM. Any meet related questions should be directed to Denise Smotherman prior to the meet. Phone # 909 595-0103, and email is smotgnd52@earthlink.net I can fix most issues by October 12th. The morning of the meet I'd like to spend my time greeting you and getting the meet flowing and having a great meet.

**AWARDS:** Medals will be given to 1st thru 8th place, Track pins and ribbons will be given up to 25th place and ribbons to all the rest of the runners in that race.

## **TEAM AWARDS:**

Will be given shortly after the points have been tabulated for each division. **Teams consist** of a minimum three (3) runners and maximum (5) runners per team. All teams with (3 to 5) members will be scored and considered in the team competition. If you want more than 1 team scored in the same division, then you need to identify the **A, B, C teams during the CoachO entry process, Clubs must submit changes to their scoring teams no later than 8:30am on the morning of the meet.** A change form will be made available.

**SNACK BAR** Fruits, muffins, coffee, juices, water, sodas, sports drinks, donuts, bagels, Cream cheese, Boiled eggs, hot dogs, hot links and tamales will be available.

**DIRECTIONS:** From the 210 fwy exit on Santa Anita and go south about a ½ mile. Park will be on the right. From the 10 fwy exit Santa Anita and go north about 3 miles and the park is on the left. Santa Anita Inn is right across the street. There are other options in the city of Arcadia, Monrovia and Pasadena.

**I have always appreciated the help you've all given by helping to clean up your area. A trash bag will be given out at packet pick up. Please close your bag(s) and deliver them to the packet pick up area.**

**Note: Serious...Pacing your athlete(s) will result in your athlete(s) being disqualified.**

## **Special Request:**

If you don't have a current membership # at this time please wait until after November 1<sup>st</sup> to get one. That membership # will take you through the end of this year and all of 2018. New athletes joining USATF on November 1 will need to be very speedy getting their info into info@scausatf.org so that you will be eligible to register for the Association XC Championship Meet. Make sure that your athlete is properly registered to the team you're claiming to be a part of. Scan your BC and membership # **ASAP** so that you can be verified by the 12<sup>th</sup> of November... The youth group is aware that this is a tight request so please have everything ready to go by November 1<sup>st</sup> and you should be ok. If you have any questions please call Rod 626 862-4340 or Sanoma at 310-500- 6375. We are always looking for easier ways to do things, so we all need to be aware of the deadlines. Folks that do this in a timely manner will be helping yourself and all involved in the JO registration process.

**Thanks meet management**