

Free Spirit Cross Country Invitational 2015

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

DATE/ TIME: Sunday, October 18th 2013 at 9:15 a.m. Course walks at 8:30 a.m

LOCATION: Mt. SAC Cross Country Course, Walnut, California. **Mt Sac does not allow dogs in the XC course areas or on the track.** Please honor the school rules; we absolutely don't want to ask you to put your dog in your vehicle.

COURSE: Challenging course over asphalt and dirt trails with flat and rolling hills combinations, plus switch backs and tough hills. Call for a copies of the course maps.

DIVISION & DISTANCE

8 and UNDERS	(Born in 2007 or later) 2000m (1.2 miles)
9 and 10 year olds	(Born 2005 or 20006) 3000m (1.8 miles)
11 and 12 year olds	(Born 2003 or 2004) 3000m (1.8 miles)
13 and 14 year olds	(Born 2001 or 2000) 4000m (2.4 miles)

15&16 year olds (Born 1999 or 1998) 5000m (3 miles) will run with the Open at 8:00 am

17&18 year olds M/W(Born 1997 or 1998) 5000m (3 miles) will run with the Open at 8:00 am

ENTRY FEES: Five Dollars (\$5.00) for all youth athletes. **Open \$ 10.00.**
Open Athletes (Combined)(19yrs-Older) 5000 meters **8:00am Prompt Start Time.**

PARKING FEE Medals will be given to the top 8 men and top 8 women for the Open Athletes. is **\$4.00** and Lot R and S both have yellow boxes where you get the ticket from **Or there may be Mt. Sac staff taking the parking fees Have your \$ 4.00 ready** so you don't have to wait on change and speed up that process.

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 (3to5) 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 prior to the day of the meet.** Please also put an asterisk by the team members.

PRE REGISTRATON: Will be taken till 10/12 and we appreciated those who pre register. Those that do pre register will only have to wait in line to pay.

Line (1). Late registration and changes will be accepted in **Line(2)** and those entries will be accepted as long as it included the athletes DOB, and your list must be divided by sex and division. Pre registration will helps 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.**

LATE REGISTRATION:

Registrations will open up at 7:00 a.m. and will **absolutely terminate** at 9:30 a.m. I have decided to make my life a little easier and use electronic timing .. I am asking the Teams to use the Hyt-ek Team Manger. You may get a free demo copy of team manager from <http://www.hy-tekltd.com/downloads.html>: please send athlete rosters in Hy-Tek Team Manager format to scatrackentries@yahoo.com Francine Hawkins can only be contacted for any questions you may have regarding any hy-telk issues from 6:00pm to 9:00pm at (626 367-9257) any other questions should be directed to Greg or Denise Smotherman. Individuals or those teams that choose not to use the Hy-tek method can mail entries or email Greg or Denise Smotherman prior to **October 12th**. If sending an athlete's roster or individual's names it should include division, sex, name, date of birth. (Check team award info) Address and Email info is **165 South Dommer Ave WALNUT, CA. 91789 Home (909) 595-0103 smotgnd52@earthlink.net I will confirm all emails**

AWARDS:

Medals will be given to 1st thru 8th place, Participant ribbons will be given to all that didn't get medals. Track pins and ribbons will be given to 25th place and ribbons to the rest in that race.

SNACK BAR

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

HOTELS/MOTELS Hotels and Motels closest to Mt. Sac are located on the 10, 60 and 57 freeways and are no more than 5 miles from Mt. SAC. If more information is needed please don't hesitate to call.

DIRECTIONS:

Mt. SAC is between the Pomona (60) and San Bernardino (10) Fwys. and west of the Orange Fwy (57)... Exit on Grand, go south off the 10 freeway... from the 60 freeway Exit Grand, go north, and Exit Temple and go west off of the 57 freeway. You will go about 2 or 3 miles to Bonita and turn south into the parking lots. Each of those freeway exits will lead you to Temple and Bonita.

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 1st to get one. That membership # will take you through the end of this year and all of 2015. New athletes joining USATF on November 1, needs 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 whatever team your claiming them to be a part of. Scan your BC and membership # ASAP so that you can be verified by the 12th of November... The youth group is aware that this is a tight request so please have everything ready to go by the 1st and you should be ok. If you have any questions please call Rod 626 862-4337 or Sanoma at 310-500- uth are always looking for easier ways to do things so lets us all be aware of the deadlines. Folks doing this in a timely manner will help you and all involved in the JO registration process.

Thanks, Greg