



VALLEY UNITED STRIDERS
 CROSS COUNTRY
 INVITATIONAL MEET
 2016
 Santa Clarita Central Park



DATE: Saturday, September 24, 2016

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 25 minutes and will overlap. 13/14 and 15/16 will race at the same time and will run the 4K course.

DIVISIONS & DISTANCE:

7:30 HIGH SCHOOL TEAMS / OPEN	(HIGH SCHOOL and OPEN)	3 MILE HS COURSE
8:45 am SUB-GREMLIN & GREMLIN GIRLS – 5/6 & 7/8	(Born in 2008 or later)	2000m (1.2 miles)
9:00 am SUB-GREMLIN & GREMLIN BOYS – 5/6 & 7/8	(Born in 2008 or later)	2000m (1.2 miles)
9:15 am BANTAM GIRLS – 9/10	(Born 2006 or 2007)	3000m (1.8 miles)
9:30 am BANTAM BOYS – 9/10	(Born 2006 or 2007)	3000m (1.8 miles)
9:45 am MIDGET GIRLS – 11/12	(Born 2004 or 2005)	3000m (1.8 miles)
10:00 am MIDGET BOYS – 11/12	(Born 2004 or 2005)	3000m (1.8 miles)
10:15 YOUTH GIRLS & BOYS – 13/14	(Born 2002 or 2003)	4000m (2.4 miles)
10:15 INTERMEDIATE GIRLS & BOYS – 15/16	(Born 2000 or 2001)	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: **Medals will be awarded to the top 8 individual places** (At Finish line) Participant ribbon to the next 22 athletes (top 30 total). Team trophies will be awarded to the top 3 team in each age division (5/6, 7/8, 9/10, 11/12, 13/14, 15/16)

ADDRESS: 27150 Bouquet Canyon Rd, Santa Clarita, CA 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 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, Simi Valley Spartans, Trinity Knights, Valley Raiders, Village Christian School, West Valley Eagles, Fillmore Condors, Valley United Striders. Valley Youth Conference.

IMPORTANT FACTS: Last year we had over 700 athletes! This meet will be held on **Saturday**, We invite you to run with us for some great competition.

VENDORS WELCOME: Please email alanbingham@runstorm.org

VALLEY CONFERENCE YOUTH CROSS COUNTRY OPEN MEETS

DATES & LOCATIONS:

Saturday, September 10, 2016 @ 8:00 a.m. @ El Cariso Park – Sylmar - LA Country XC Invite

Saturday, September 17, 2016 @ 8:30 a.m. @ O'Melveny Park – Granada Hills

Valley United Striders Invitational XC Meet Saturday, September 24, 2016 @ 7:00 a.m. @ Santa Clarita Central Park (See VUS Invitational flyer for more info)

Saturday, October 1, 2016 @ 8:30 a.m. @ Corriganville Park – Simi Valley

Saturday, October 8, 2016 @ 8:30 a.m. @ Pierce College – Winnetka

Saturday October 22, 2016 @ 8:30 a.m. @ Hansen Dam – Lake View Terrace

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

DIVISIONS & DISTANCE:

6 and Under	(Born in 2010 or later)	2000m (1.2 miles)
7/8	(Born in 2008 or 2009)	2000m (1.2 miles)
9/10	(Born 2006 or 2007)	3000m (1.8 miles)
11/12	(Born 2004 or 2005)	3000m (1.8 miles)
13/14	(Born 2002 or 2003)	4000m (2.4 miles)
15/16	(Born 2000 or 2001)	4000m (2.4 miles)

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

PRE-REGISTRATION: please send athlete rosters on attached form and email to alan@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 450 athletes for the 2015 cross country season and contains the following Member clubs: **Hawks Cross Country, Fillmore Condors, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Palmdale Bullets, San Fernando Valley Rush Track Club, Santa Clarita Track Club, Simi Valley Spartans, SoCal Super Sonics, Trinity Classical Knights, Village Christian, Valley Raiders Track Club, 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 Meet on Saturday September 24th at Santa Clarita Central park.

VALLEY UNITED STRIDERS
 CROSS COUNTRY INVITATIONAL MEET
 2016
 SANTA CLARITA CENTRAL PARK

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	7/4/2006	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