



County of Los Angeles  
 Department of Parks and Recreation  
 North County Community Services Agency  
**El Cariso Community Regional Park**  
 13100 Hubbard Street Sylmar, Ca  
 (818) 367-5043



# LA County Cross-Country Invitational

## Sponsored by Valley Youth Conference



### At El Cariso Park on Saturday September 9, 2017

#### REGISTRATION:

**\$5.00** per athlete

Begins: 7:00 am

Ends: 8:45 am

Come participate in L.A. County & Valley Youth Conference's 4th Annual cross-country partnership meet. Registration will begin at 7:00 am and end at 8:45 am. Send pre-registration for an athlete or team to Alan Bingham at [alan@runstorm.org](mailto:alan@runstorm.org). For more information call (661) 775-6197, visit [www.vyc-xc.org](http://www.vyc-xc.org), or email Alan Bingham. Join in the fun and showcase your strength as an athlete.

#### DIVISION & DISTANCE:

*All Times below are Approximate*

**7:30am**—5k Run Course

High School / Adult / Open  
(No walkthrough)

**8:45am**—2k , 3k , & 4K  
(Run Course Walk Through)

**9:30am**—2000m (1.2 mi)

*Sub-Gremlin* 5 & 6 boys/girls  
*Gremlin* 7 & 8 boys/girls

**9:55am**—3000m (1.8 mi)

*Bantam* 9 & 10 boys/girls

**10:15am**—3000m (1.8 mi)

*Midget* 11 & 12 boys/girls

**10:35m**—4000m (2.4mi)

*Youth* 13 & 14 boys/girls

*Intermediate* 15 & 16 boys/girls



#### AWARDS

Top 3 individual medals  
Place ribbons: 4—8



#### ADA NOTICE

Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA coordinator to carry out this department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. TEL 213-738-2970 TDD 213-427-6118 FAX 213-487-0380. Upon 3 day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any reasonable accommodations are available to the public for County-sponsored activities and events.