



VALLEY UNITED
STRIDERS
CROSS COUNTRY
INVITATIONAL MEET
2017



Santa Clarita Central Park

DATE: Saturday, September 23, 2017

TIME: 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:

8:45 am SUB-GREMLIN & GREMLIN GIRLS – 5/6 & 7/8	(Born in 2009 or later)	2000m (1.2 miles)
9:00 am SUB-GREMLIN & GREMLIN BOYS – 5/6 & 7/8	(Born in 2009 or later)	2000m (1.2 miles)
9:15 am BANTAM GIRLS - 9/10	(Born 2007 or 2008)	3000m (1.8 miles)
9:30 am BANTAM BOYS – 9/10	(Born 2007 or 2008)	3000m (1.8 miles)
9:45 am MIDGET GIRLS – 11/12	(Born 2005 or 2006)	3000m (1.8 miles)
10:00 am MIDGET BOYS – 11/12	(Born 2005 or 2006)	3000m (1.8 miles)
10:15 YOUTH GIRLS & BOYS – 13/14	(Born 2003 or 2004)	4000m (2.4 miles)
10:15 INTERMEDIATE GIRLS & BOYS – 15/16	(Born 2001 or 2002)	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) * All athletes must exit finish chute to get their medal, medals will not be awarded if the athlete leave the finish chute without collecting their medal.

ADDRESS: 27150 Bouquet Canyon Rd, Santa Clarita, CA 91350

PRE-REGISTRATION: please email athlete rosters to alan@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: Valley United Track Club.

IMPORTANT FACTS: Last year we had over 450 athletes! This meet will be held on **Saturday**, We invite you to run with us for some great competition.

VENDORS WELCOME: Please email alan@runstorm.org

USATF Sanctioned Meet

VALLEY UNITED STRIDERS
 CROSS COUNTRY INVITATIONAL MEET
 2017
 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

2017 Cross Country Season Meet Schedule

Meet	Date	Valley Youth Conference XC Meet Schedule
1	9/9	Los Angeles County Cross Country Invitational Meet El Cariso Regional Park - Sylmar
2	9/16	O'Melveny Park – Granada Hills
3	9/23	Valley United Striders Cross Country Invitational Central Park, Santa Clarita <i>USATF Sanctioned Meet</i>
4	9/30	Corriganville Park – Simi Valley
5	10/7	Pierce College – Winnetka
6	10/15	Free Spirit Invitational Cross Country Meet – Legg Lake Park <i>USATF Meet – An Open meet but not our meet, See SCAUSATF.ORG for more information on this meet – SUNDAY meet</i>
7	10/21	La Crescenta Regional Park – La Crescenta
8	10/28	Valley Youth Conference Cross Country Championship Meet Santa Clarita Central Park – <i>Closed Meet – VYC athletes only</i>
Valley United Striders Post Season Meet Schedule		
	11/4	Valley United Striders Mandatory Practice @ Santa Clarita Central Park 8:00 am
		<i>Only Athletes who are going to Nationals can compete in the following meets. These are closed meets for qualifier and only athletes wanting to advance to national level can compete! It is very important that if you are not planning on going all the way to Alabama that you do not attend the below meets, You can displace athletes who are competing to advance.</i>
	11/12	USATF Southern California Association Cross Country Championship Meet Arcadia County Park
	11/19	USATF Region 15 Cross Country Championship Meet Location TBA
	12/9	USATF Junior Olympic Cross Country National Championship Meet. Tallahassee, Florida

All Valley Youth Conference meets are open meets, except for the meet on 10/28 (VYC XC Championship meet)

The Free Spirit Invitational meet is a USATF Meet usually held at Mt Sac, (this year due to construction at Mt Sac that may change) this is not a VYC meet, we go as guests, they handle the timing and post results to their meets.

Walk Thru at all VYC meets starts at 8:00 am.

Preregistration is always helpful, but we can accommodate unattached athletes on the fly at the meet.

Results are published to www.vyc-xc.org later the day of the meet.

If you have a team and wish to visit one of our open meets please contact Alan Bingham by email at alan@runstorm.org

VALLEY CONFERENCE YOUTH CROSS COUNTRY OPEN MEETS

DATES & LOCATIONS:

Saturday, September 9, 2017 @ 8:00 a.m. @ El Cariso Park – Sylmar - LA Country XC Invite

Saturday, September 16, 2017 @ 8:30 a.m. @ O'Melveny Park – Granada Hills

Valley United Striders Invitational XC Meet Saturday, September 23, 2017 @ 7:00 a.m. @ Santa Clarita Central Park (See VUS Invitational flyer for more info)

Saturday, September 30, 2017 @ 8:30 a.m. @ Corriganville Park – Simi Valley

Saturday, October 7, 2017 @ 8:30 a.m. @ Pierce College – Winnetka

Saturday October 21, 2017 @ 8:30 a.m. @ La Crescenta Park – La Crescenta

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 2011 or later)	2000m (1.2 miles)
7/8	(Born in 2009 or 2010)	2000m (1.2 miles)
9/10	(Born 2007 or 2008)	3000m (1.8 miles)
11/12	(Born 2005 or 2006)	3000m (1.8 miles)
13/14	(Born 2003 or 2004)	4000m (2.4 miles)
15/16	(Born 2001 or 2002)	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 23rd at Santa Clarita Central park.