



## College of the Canyons

26455 Rockwell Canyon Rd  
Valencia CA 91355

# VYC/COC Cross-Country Invitational

## At COC on Saturday September 4, 2021

### REGISTRATION:

**\$10.00** per athlete

**5K \$15.00** per athlete

Begins: 7:00 am

Ends: 7:45 am

Come participate in Valley Youth Conference's 8th Annual cross-country meet. Registration will begin at 7:00 am and end at 7:45 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) 373-6897, email Alan Bingham. Join in the fun and showcase your strength as an athlete.

### DIVISION & DISTANCE:

*All Times below are Approximate*

**7:00—7:40 Self Guided Walkthrough**

**7:45 am—2000m (1.2 mi)**

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

**8:05 am—3000m (1.8 mi)**

*Bantam 9 & 10 boys/girls*

**8:25 am—3000m (1.8 mi)**

*Midget 11 & 12 boys/girls*

**8:50 am—4000m (2.4mi)**

*Youth 13 & 14 boys/girls*

*Intermediate 15 & 16 boys/girls*

**10:00 am— 5k Run Course**

High School / Adult / Open  
See other flyer!!



### AWARDS

Top 3 individual medals  
Place ribbons: 4—8



# COLLEGE OF THE CANYONS ATHLETICS

## Community Cross Country Race

*Celebrating the return of Cougar Athletics!*



Saturday, Sept. 4, 2021  
10 a.m. — Cougar Stadium

***Run in the race, then come back for Cougar Football Season Opener!  
Canyons vs. Antelope Valley College kicks @ 6 p.m. – FREE Admission***

### **Race Information**

#### **Course and Distance**

A three-mile cross country course winding through the hills overlooking the Santa Clarita Valley and finishing in Cougar Stadium.

#### **Entry Free**

\$15 (make checks payable to COC ASG w/ 'community race' on the memo line).

#### **Directions**

Exit Interstate-5 at Valencia Blvd.  
East two lights, Cougar Stadium in on right.  
Free parking in Lot 8.

#### **Registration**

Registration begins 8 a.m. at race finish line.  
All participants must complete liability waiver and COVID-19 Acknowledgement of Risk & Consent form.

#### **Results/Awards**

Live/posted results available on race day.  
Awards presented to top 15 men/women.

#### **Information**

For more information contact Lindie Kane,  
Head Coach, COC Cross Country (661) 755-8162.

The word 'Cougar' is written in a large, stylized, cursive font. The letters are yellow with a blue outline and a blue shadow effect. The 'C' is particularly large and loops around the 'o'. The 'g' has a long, sweeping tail that loops under the 'y'. The overall style is dynamic and athletic.