



## College of the Canyons

26455 Rockwell Canyon Rd  
Valencia CA 91355

# VYC/COC Cross-Country Invitational

## At COC on Saturday September 3, 2022

### 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 9th 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) or register on [athletic.net](http://athletic.net). For more information call (661) 373-6897. Join in the fun.

### DIVISION & DISTANCE:

*All Times below are Approximate*

**7:00—7:30 Self Guided Walkthrough**

**7:30 am— 5k Run Course**

High School / Adult / Open  
See other flyer!!

**8:30 am—2000m (1.2 mi)**

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

**8:50 am—3000m (1.8 mi)**

*Bantam 9 & 10 boys/girls*

**9:15 am—3000m (1.8 mi)**

*Junior 11 & 12 boys/girls*

**9:40 am—4000m (2.4mi)**

*Youth 13 & 14 boys/girls*

*Intermediate 15 & 18 boys/girls*



### AWARDS

Top 3 individual medals  
Place ribbons: 4—8



# COLLEGE OF THE CANYONS ATHLETICS

## Community Cross Country Race



Saturday, Sept. 3, 2022  
7:30 a.m. — Cougar Stadium

### 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 VYC).

#### Directions

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

#### Registration

Registration begins 7 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 top 3 Medals next 5 ribbons.

#### Information

For more information contact Elaine Bingham,  
Race Director, VYC Cross Country (661) 373-6897.

A stylized, cursive logo for 'Cougar' in yellow with a blue outline. The letters are bold and have a dynamic, flowing appearance.