

# VALLEY CONFERENCE YOUTH CROSS COUNTRY OPEN MEETS

## **DATES & LOCATIONS:**

Saturday, September 3, 2022 @ 8:00 a.m. @ College of the Canyons - LA Country VYC XC Invite

Saturday, September 10, 2022 @ 8:00 a.m. @ O'Melveny Park – Granada Hills

**Valley United Striders Invitational XC Meet Saturday, September 17, 2022 @ 7:00 a.m. @ Santa Clarita Central Park (See VUS Invitational flyer for more info)**

Saturday, September 24, 2022 @ 8:00 a.m. @ El Cariso Regional County Park - Sylmar

Saturday, October 1, 2022 @ 8:00 a.m. @ Paloma Vista - Palmdale

Saturday October 15, 2022 @ 8:00 a.m. @ Pierce College – Winnetka

~~Saturday October 22, 2022 @ 8:00 a.m. @ Paloma Vista or Bye TBA~~ **CANCELED**

**TIME:** There will be no walk through, please arrive ready to race.

## **DIVISIONS & DISTANCE:**

<b>6 and Under</b>	(Born in 2016 or later)	2000m (1.2 miles)
<b>7/8</b>	(Born in 2014 or 2015)	2000m (1.2 miles)
<b>9/10</b>	(Born 2012 or 2013)	3000m (1.8 miles)
<b>11/12</b>	(Born 2010 or 2011)	3000m (1.8 miles)
<b>13/14</b>	(Born 2008 or 2009)	4000m (2.4 miles)
<b>15/18</b>	(Born 2004 or 2007)	4000m (2.4 miles)

**ENTRY FEES:** Five Dollars (\$5.00) per athlete. Seven Dollars (\$7.00 for the VUS Invitational Meet on September 17, 2022).

**PRE-REGISTRATION:** please send athlete rosters on attached form and email to [alan@runstorm.org](mailto:alan@runstorm.org)  
Also check on athletic.net for meet registration.

**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](mailto:alanbingham@runstorm.org), or call C. (661) 755-6197 or visit our website at [www.vyc-xc.org](http://www.vyc-xc.org)

The Valley Youth Conference has membership of over 500 athletes for the 2021 cross country season and contains the following Member clubs: **AV Track Club, Lancaster Running Rebels, Palmdale Road Runners, Hawks Cross Country, Fillmore Condors, Flying Phoenix, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Santa Clarita Track Club, Valley Raiders Track Club, West Valley Eagles, CalCoast, Newberry Park Panthers, TO Flyers, Mirman School, Village Christian.**

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 [alan@runstorm.org](mailto:alan@runstorm.org), We will provide competitor labels for your athletes. or register on athletic.net.

**Note:** that all of these meets are open 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 17<sup>th</sup> at Santa Clarita Central Park (registration on athletic.net).

VALLEY UNITED STRIDERS  
 CROSS COUNTRY INVITATIONAL MEET  
 2022  
 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	7/4/2012	Boy

Please use the above form to submit your teams, print more if need and email to [alanbingham@runstorm.org](mailto:alanbingham@runstorm.org)  
 A team must have at least 3 athletes, and no more than 5. No mixed genders/age groups please