



VALLEY UNITED STRIDERS  
CROSS COUNTRY  
INVITATIONAL MEET  
2023



*Santa Clarita Central Park*

**DATE:** Saturday, September 16, 2023

**TIME:** Age group races walk through will begin at 07:45 a.m. it will be self-guided. The first race will begin at 08:30 a.m. Races will start approximately every 15-25 minutes and will overlap. 13/14 and 15-18 will race at the same time and will run the 4K course.

**DIVISIONS & DISTANCE:** *Times are approximate*

8:30 am SUB-GREMLIN Girls & Boys – 5/6	(Born in 2017 or later)	2000m (1.2 miles)
8:45 am GREMLIN GIRLS – 7/8	(Born in 2015 or 2016)	2000m (1.2 miles)
9:00 am GREMLIN BOYS – 7/8	(Born in 2015 or 2016)	2000m (1.2 miles)
9:15 am BANTAM GIRLS – 9/10	(Born 2013 or 2014)	3000m (1.8 miles)
9:30 am BANTAM BOYS – 9/10	(Born 2013 or 2014)	3000m (1.8 miles)
9:45 am JUNIOR GIRLS – 11/12	(Born 2012 or 2011)	3000m (1.8 miles)
10:00 am JUNIOR BOYS – 11/12	(Born 2012 or 2011)	3000m (1.8 miles)
10:15 am YOUTH GIRLS – 13/14	(Born 2009 to 2010)	4000m (2.4 miles)
10:40 am YOUTH BOYS – 13/14	(Born 2009 to 2010)	4000m (2.4 miles)
11:00 am - & 15-18 Women & 15-18 Men	(Born 2005 to 2008)	4000m (2.4 miles)
Open & Masters	(Born 2004 – before)	4000m (2.4 miles)

**ENTRY FEES:** (\$7.00) per athlete and no team fee, (\$3.00 late fee after 9/12/23 will be added to all athletes who register after 9/12/23) A team will consist of at least 3 athletes and a maximum of 5 athletes per team to be eligible for team award. A-Teams only – Limit 1 team per club.

**AWARDS:** Medals will be awarded to the top 8 individual places (At Finish line) Participant ribbon to the next 42 athletes (top 50 total). Team trophies will be awarded to the top 3 team (*15-18 Top 2 team only*) in each age division (5/6, 7/8, 9/10, 11/12, 13/14, 15/18, *15-18 Top 2 team only*) \* All athletes must exit the 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](mailto:alan@runstorm.org), include in the list, Athlete's First & Last Name, Date of birth, Gender, Team or Unattached. All payment fees will be collected at the meet – **Cash or team check only.**

**REGISTRATION DAY OF MEET:** Begins at 07:00 a.m. and **ends at 09:30 a.m.** Please arrive on time. (\$10.00 per athlete day of meet includes late fee).

**INFORMATION:** For more information email Alan Bingham at [alan@runstorm.org](mailto:alan@runstorm.org) or call C. (661) 755-6197

**HOSTED BY:** Valley United Track Club. Snack Bar available

**VENDORS WELCOME:** Please email [coachelaine@runstorm.org](mailto:coachelaine@runstorm.org)



# Modified 2k





# Modified 3k





# Modified 4k





# Modified 5k

