

Free Spirit Condors 2023 Cross Country Invitational

WE WELCOME YOU BACK!

SANCTIONED BY: USATF Southern California Association

DATE/TIME: Sunday, October 8th 2023 at 9:15 a.m. Course walks at 8:40 a.m.

LOCATION: Mt. San Antonio College Cross Country Course (Walnut, CA). Mt. SAC does not allow dogs on the XC Course nor anywhere on campus (*service dogs excepted*). Please honor the college rules, so you and your dog won't have to watch from your car.

COURSE: Challenging dirt trail and asphalt course over various terrains including flat sections, rolling hills and challenging steep hill sections. Copies of the course maps to be provided at a later date.

DIVISION & DISTANCE

- 8 yrs. & Under (born in 2015 or later) | 2,000 m
- 9 & 10 yrs. (born 2014 or 2013) | 3,000 m
- 11 & 12 yrs. (born 2012 or 2011) | 3,000 m
- 13 & 14 yrs. (born 2010 or 2009) | 4,000 m
- 15 - 18 yrs. (born 2008 thru 2011) | 5,000 m
- Open/Masters | 5,000 m

Open and Masters will run together PROMPTLY at 8:00 am. Medals will be given to the top 5 men and women in the 19 and older as well as Masters athletes.

ENTRY FEES:

- All youth athletes = \$7.00
- Open and Masters Athletes = \$15.00

Cash or check accepted. Please make checks payable to **Free Spirit**

REGISTRATION: To compete in this meet you must:

- Register for the meet online at <https://www.athletic.net/CrossCountry/meet/228671/register>
- Registration begins on 9/8 and closes on Oct 3 @ 9:00 pm PST.

If you need help or have questions about using Athletic.net, please contact Alan Bingham at 661.755.6197 after 6 pm - 9 pm or 12 pm - 1 pm. Any other questions should be directed to Denise Smotherman 909.595.0103. or at 951.961.6207.

PACKET PICK UP:

- Opens at 7:00 am.
- Please line up in the appropriate line to pick up your packet.

- Line (1) is for pre-registered teams and individual athletes.
- Line (2) is for late registration and changes
- Line (3) is for late registration for Open athletes and anyone running in the 5K

All late registered athletes must include their DOB and team affiliation, sex and division. Pre registration will help to ease the long lines at the registration table. The more who pre-registered, the quicker the meet starts and ends.

Teams with Open/Master runners should register them with your team. Their tags will be in your team packets.

LATE REGISTRATION: Late registration for 15-16, 17-18 and the Parents, Coaches, Open and Master runners late registration will close at 7:35 am! All other registration will absolutely close at 9:00 am.

PROBLEMS: Any meet related questions should be directed to Denise Smotherman prior to the meet. My phone # is 951.961.6207 / emailsmotgnd52@earthlink.net. Most issues can be fixed by October 7th 6pm.

AWARDS:

- Medals will be given to 1st thru 8th place
- Pins and ribbons will be given to 9th thru 25th place
- Ribbons will be given to the rest of the runners in a race.

TEAM AWARDS:

- Will be given to 1st place thru 3rd place shortly after the points have been tabulated for each division.
- Teams consist of a minimum three (3) runners and maximum (5) runners per team.
 - All teams with (3 to 5) members will be scored and considered in the team competition.
- **If you want more than 1 team scored in the same division**, you must identify your A, B, C teams during the Athletic.net entry process, Clubs must declare their teams no later 8:30 am on the morning of the meet. A change form will be made available.

Pacing your athlete(s) is not an easy task at Mt. SAC, so please don't try it... It will also result in your athlete(s) being disqualified.

SNACK BAR: Fruit, smoothies, muffins, coffee, juices, water, sodas, sports drinks, donuts, bagels and cream cheese, Boiled eggs, hot dogs, hot links and tamales will be available

PARKING:

- Parking at Mt. SAC will be \$10 (cash only).
- **All competitors, coaches, staff and spectators will park in the Champion parking lot**, directly behind (west of) Hilmer Lodge Stadium.
- Mt. SAC Staff will be collecting parking fees please have your payment ready prior to entering the lot in order to speed up the parking process. The Mt. SAC Police and Public Safety Staff will be monitoring the parking areas as well the activities involving the Free Spirit XC event.

FYI & HELPFUL INFORMATION:

- Any meet related questions/problems should be directed to Denise Smotherman prior to the meet. My phone # is 951.961.6207 / emailsmotgnd52@earthlink.net. Most issues can be fixed by October 7th at 6pm.
- **Please refer back to the meet flier within a week of the meet** for final changes, course

maps, final time schedule and team set-up information.

- We always appreciate your help in cleaning up your team camp area. A trash bag will be given out at packet pick up. Please close your bag(s) and deliver them to the packet pick up area. Thank you!
- We are extremely happy to once again be back hosting my meet here at Mt. SAC. We know that many of you have wanted to return to run the famous Mt. SAC Course and its iconic course sections... Airstrip, Valley Loop, Switchbacks, Poop Out Hill, Reservoir Hill and Gauntlet.
- Please help us by following the campus rules and let's all have a great time at Mt. SAC!

SPECIAL REQUEST::

If you don't have a current membership #, please wait until after November 1st to get one. That membership # will take you through the end of this year and all of 2024. New athletes joining USATF on November 1 will need to hurry and get their info into usatf.org so that you'll be eligible to register for the SCA Association XC Championship Meet. There are some changes on how you do membership and DOB verification. It's important to make sure you handle that process accurately and quickly. Please make sure your athlete is properly registered to the team you're claiming them to be a part of... Our youth committee is aware that this is a tight request so please have everything ready to go by November 1st and you should be ok.

If you have any questions regarding memberships please call John or Kim Wachoski at 909.260.6962.

We all are always looking for easier ways to do things, and we all need to be aware of the membership/ registration deadlines. Those that do this in a timely manner will be helping themselves and all involved in the JO registration process.

THANK YOU!

**FREE SPIRIT CONDORS
MEET MANAGEMENT**