



# Flo-Jo International Run

## Cross Country Meet

Sunday, September 25, 2016, 8:30 A.M.

**Meet Director:** Elizabeth Tate 619-665-7925

**Meet Location:** Chollas Lake 6350 College Grove Dr., San Diego, CA

**COURSE WALK:** 7:30 A.M. The course is spectator friendly, fast, with a flat loop and one hill. (Spikes are not recommended)

**Entry Fee:** \$5.00, please pay the day of the event, with cash, money order or club check. Please make checks payable to: **FGJYF**

**Awards:** Medals to the top 10 finishers in each age group and ribbons to all

**Birth Year            Event**

8 & Under 2008+ - 2k run (boys and girls might be combined)

9 & 10      2006 – 2007 3k run

11 & 12    2004 – 2005 3k run

13 & 14    2002 – 2003 4k run

15 & 16    2000 – 2001 4k run (will run with the 13-14)

**Club registration:** [www.athletic.net](http://www.athletic.net) or e-mail on a spread sheet: your team's name, Athlete's names, sex & DOB

**Unattached athlete registration:** e-mail entries to [flojo99@cox.net](mailto:flojo99@cox.net). Include athletes name, DOB & sex

***Day of meet registration is limited between 7:00 -8:00 a.m. The Lake will open at 6:30 a.m.***

**PLEASE NOTE THAT PRE-REGISTRATION HELPS TO RUN A SMOOTHER AND FASTER MEET**

A signed USATF *Participant Waiver and Release of Liability* is required for each participant  
*Fall Season Youth Cross Country race #2 of 5 in the Official SD-Imperial USATF Association*