

# The Orange County Quick and Gritty XC Invitational

3rd ANNUAL



**DATE:** September 29, 2019

**KEY TIMES:**

**SITE:** Huntington Beach Central Park  
6622 Lakeview Dr.  
Huntington Beach 92648

7:30 – Packet Pick up  
8:00 – Coach’s Meeting  
8:15 – Course Walk Through  
9:00 – First Race Girls 8U

**INVITE HOSTS:** So Cal Quick and OC Grit

**CONTACT:**

- Ryan Yohn (714) 357-2253 --- OC GRIT COACH --- [ocgrit@hotmail.com](mailto:ocgrit@hotmail.com)
- Steve Stinnett (714) 310-3683 --- QUICK COACH
- Gary Charles (951) 227-1178 --- QUICK COACH

**AGE DIVISIONS and RACE DISTANCES**

8 and Under (2010+)	2K	13 – 14 (2004 – 2005)	4K
9 – 10 (2008 – 2009)	3K	15 – 16 (2002 – 2003)	4K
11 – 12 (2006 – 2007)	3K	17 – 18 (2000 – 2001)	4K



**COURSE:** Half Fast and Half Tough. Half Quick and Half Grit. A classic xc course with a good mix of grass, dirt, and cement. Plenty of obstacles ranging from narrow turns, roots, steep hills, and a bit of bushwhacking. Your runners will love the course! Maps are provided.

**REGISTRATION:**

- Pre Register by Wednesday 9/25 (11:59pm)
- Register conveniently on [Athletic.net](http://Athletic.net)

## UNFORTUNATE RUNNER LIMIT!!!!

We were capped to 400 runners this year. We WON'T be able to register anymore. To ensure registration, we advise you register early through Athletic.net.

**NO LATE RACE DAY REGISTRATION:** We expect to fill up before the event. We will not have late registration.

**ENTRY FEE:** \$7 (new association approved fee)

- Entry fees must be paid by cash, money order or club check made payable to “Quick Track Club”
- Registration Entry fees are non-refundable

## ESTIMATED RACE SCHEDULE

- Race 1: Girls 8U @ 9:00
- Race 2: Boys 8U @ 9:15
- Race 3: Girls 9-10 @ 9:30
- Race 4: Boys 9-10 @ 9:50
- Race 5: Girls 11-12 @ 10:10
- Race 6: Boys 11-12 @ 10:30
- Race 7: Girls 13-14, 15-16, 17-18 @ 10:50
- Race 8: Boys 13-14, 15-16, 17-18 @ 11:20

**CONCESSION:** Wholesome to semi wholesome breakfast items will be available for purchase.

**MEET RESULTS:** Event results will be posted at the meet within 30 minutes of the completion of each event. Final meet results will be provided online at athletic.net and on the scausatf.org site.

**CHECK-IN:** All participants must check in at the start line. Please observe the flow of the meet and get your runners to the line at the appropriate time. Take note of the different starting locations. Review the course maps.

**INDIVIDUAL AWARDS:** Participants finishing 1<sup>st</sup> – 10<sup>th</sup> will receive custom medals.

**TEAM AWARDS:** 8U will be scored off a team's Top 3. All other races will be scored off of a team's Top 5. Winning teams will get a customized award mailed to them with the team's name and the scoring runners' names.

## PARKING: **CARPOOL**

- Free Limited Parking (250 spaces) in the lot off of Edwards Street near the park.
- Even More Parking in the HB Sports Complex Lot off of Goldenwest Street and Talbert.
  - \$1 Dollar (exact change) paid in the lot's kiosk
  - There is a short walk across Goldenwest and down the stairs to the park below.
- Avoid parking in the Kathy May's Café lot near the lake. The lot is for customers only.

## Course Records:

Girls 8U 2K:	7:56 (2018)	Yasmin Lopez (Pacific Coast Shockwaves)
Boys 8U 2K:	7:37 (2017)	Thomas Yohn (OC Grit)
Girls 9-10 3K:	10:58 (2017)	Yamilet Lopez (Pacific Coast Shockwaves)
Boys 9-10 3K:	10:31 (2017)	Bradley Quezada (Pacific Coast Shockwaves)
Girls 11-12 3K:	10:50 (2017)	Arielle Mckenzie (Pacific Coast Shockwaves)
Boys 11-12 3K:	10:11 (2017)	Everett Capelle (South Orange County Wildcats)
Girls 13-14 4K:	14:43 (2017)	Tiani Goeson (Pacific Coast Shockwaves)
Boys 13-14 4K:	13:22 (2017)	Brennan Foody (South Orange County Wildcats)
Girls 15-16 4K:	17:02 (2017)	Xitlali Nieve (Equalizers)
Boys 15-16 4K:	13:20 (2018)	Alex Mainvielle (Unattached)
Girls 17-18 4K:	Up for the taking	
Boys 17-18 4K:	13:38 (2018)	Alberto Lopez Jr (Unattached)

**Meet will be held rain or shine.**