

The Orange County Quick and Gritty XC Invitational

2nd ANNUAL



DATE: September 30, 2018

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

PARKING: located off of Edwards Street

KEY TIMES:

7:30 – Packet Pick up and Late Registration Opens
8:00 – Coach's Meeting
8:15 – Course Walk Through
8:30 – Late Registration Closes
9:00 – First Race Girls 8U

INVITE HOSTS: So Cal Quick and OC Grit have combined forces to offer your team an exciting cross country meet in Orange County. We know your runners will enjoy the course we designed for them.

CONTACT: Ryan Yohn (714) 357-2253, Steve Stinnett (714) 310-3683, or Gary Charles (951) 227-1178
Email: ocgrit@hotmail.com, quicktrackclub74@gmail.com, or quicktrackclub@gmail.com.

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.

PRE REGISTRATION:

- Pre Register by Wednesday 9/26 (11:59pm)
- Register conveniently on Athletic.net
- Meet ID: 146501

LATE RACE DAY REGISTRATION: In order for the meet to run smoothly and efficiently, **late registration closes at 8:30am promptly**. Please don't put us in the situation to turn you away.

ENTRY FEE: Five Dollars (\$5.00)

- Entry fees must be paid by cash, money order or club check made payable to "Quick Track Club"
- 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 ---- 10:50
- Race 8: Boys 13-14 ---- 11:20
- Race 9: Girls / Boys 15 -18 ---- 11:50

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.

INDIVIDUAL AWARDS: Participants finishing 1st – 10th will receive custom medals.

TEAM AWARDS: Will be given 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.

PARKING: FREE. If the front lot is full, there is plenty of parking along Central Park Drive and around the surrounding neighborhood. Note – there is a café near the end of the front lot that is reserved for customers. Be on the lookout for their signs.

BATHROOMS: Both permanent and portable restrooms will be provided. SSSSHHH, but there is a secret restroom on the opposite end of the lake. Perfect for a mid warm-up pit stop. The lake café won't let you use their restroom unless you are a customer. As you are aware, no matter how many Costco rolls of toilet paper we bring, there will never be enough. Bring your own back up supply.

Meet will be held rain or shine.

2K COURSE



1K ----- **2K** -----

Good Spectator Location 

3K COURSE



1K - - - - - 2K - - - - - 3K - - - - -

Good Spectator Locations 

4K Course



1K ----- 2K ----- 3K ----- 4K -----

Good Spectator Location 