

The Orange County Quick and Gritty XC Invitational

1st ANNUAL



DATE: October 29, 2017

KEY TIMES:

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

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 (2009+)	2K	13 – 14 (2003 – 2004)	4K
9 – 10 (2007 – 2008)	3K	15 – 16 (2001 – 2002)	5K
11 – 12 (2005 – 2006)	3K	17 – 18 (1999 – 2000)	5K



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. As long as your runner doesn’t trip themselves into the lake, they will LOVE it.

PRE REGISTRATION:

- Pre Register by 10/25 (5pm):
- Athlete Entry Form is located on the SCA USATF Youth Calendar or Linked here <https://www.scausatf.org/youth/youth-schedule/>
- Please email fully completed Athlete Entry Form to ocgrit@hotmail.com
- We will send a confirmation email within 24 hours.

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

RACE SCHEDULE

- Race 1: Girls 8U
- Race 2: Boys 8U
- Race 3: Girls 9-10
- Race 4: Boys 9-10
- Race 5: Girls 11-12
- Race 6: Boys 11-12
- Race 7: Girls 13-14
- Race 8: Boys 13-14
- Race 9: Girls and Boys 15 -18

CONCESSION: Breakfast items will be available for purchase. Don't expect candy or chips to be sold.

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 www.quicktrackclub.org, www.ocgrit.com, and www.scausatf.org in accordance with SCA meet guidelines.

CHECK-IN: All participants must check in at the Clerk of the Course when their event is called.

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. SSSSHH, 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.

Meet will be held rain or shine.

2K and 4K Course

1 Loop for the 2Kers

2 Loops for the 4Kers



----- 1K

----- 2K

3K Course



----- 1K

----- 2K

----- 3K

