

Free Spirit Cross Country Invitational 2016

SANCTIONED BY: Southern California Association / U.S.A. TRACK & FIELD

DATE/ TIME: Sunday, October 16th 2016 at 9:15 a.m. Course walks at 8:30 a.m

LOCATION: Legg Lake, Whittier Narrows Regional Park 750 South Santa Anita Park South El Monte, Ca 90173. The lake is on the south side of the 60 freeway. Enter the park on the Santa Anita Ave side. Turn right and head towards the 60 freeway.

COURSE: Course is a fast flat course, it over grass and several curve and angled turns. Copies of the course maps will be available online by the 10th.

DIVISION & DISTANCE

8 and UNDERS	(Born in 2008 or later) 2000m (1.2 miles)
9 and 10 year olds	(Born 2006 or 2007) 3000m (1.8 miles)
11 and 12 year olds	(Born 2004 or 2005) 3000m (1.8 miles)
13 and 14 year olds	(Born 2002 or 2003) 4000m (2.4 miles)

*** 15&16 (Born 2000 or 2001) 5000m (3 miles) will run with the Open at 8:00 am

*** 17&18 (Born 1998 or 1999) 5000m (3 miles) will run with the Open at 8:00 am

19 plus (Born 1997 and earlier) 5000m (3miles) at 8:00am

ENTRY FEES: Five Dollars (\$5.00) for all youth athletes. Open \$ 10.00.
Open Athletes (Combined)(19yrs-Older) 5000 meters **8:00am Prompt Start Time.**
Medals will be given to the top 8 men and top 8 women for the Open Athletes.

PARKING FEE is \$6.00 **Have your \$ 6.00 ready** so you don't have to wait on change and speed up the process. Turn to the right after entering the park and there is ample parking near the start on the 60 freeway side. Enter on Santa Anita side please. There is at least 600 parking stalls in the 2 lots nearest to the 60 freeway side. Review the course map and only park in the 2 designated parking lots please.

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 (3to5) members will be scored and considered in the team competition. If you want more than 1 team scored in the same division then you need to identify the **A, B, C teams prior to the day of the meet.** Please also put an asterisk by the team members.

PRE REGISTRATON: Will be taken till 10/12 and we definitely appreciated those who pre register. Pre registered teams will only have to wait in **Line (1)** to pay... **Line (2)** is for late registration and changes. **Line (3)** is for late registration for Open athletes and anyone running in the 5000 meters.

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 please register your OPEN runners. Their tags will be in your packet.](#)

LATE REGISTRATION:

Registrations will open at 7:00a.m. 15-16, 17-18 and OPEN runners late registration will close at 7:35 in order to be ready to run at 8:00 am... and everyone else will **absolutely close** at 9:00 a.m.... We will be using electronic timing .. I am asking the Teams to use the Hyt-ek Team Manager. You may get a free demo copy of team manager from <http://www.hy-tek ltd.com/downloads.html>: please send athlete rosters in Hy-Tek Team Manager format to scatrackentries@yahoo.com Francine Hawkins can **only** be contacted for any questions you may have regarding any hy-telk issues from 6:00pm to 9:00pm at (626 367-9257) any other questions should be directed to Greg or Denise Smotherman. It would be nice if you can also send me a copy of your team entries just in case. Mail entries to 165 S Dommer Ave Walnut Ca. 91789 or email them to smotgnd52@earthlink.net prior to **October 12th**. If sending an athlete's roster or individual's names it should include division, sex, name, date of birth. (Check team award info regarding multiple teams) **I will confirm all emails**

AWARDS:

Medals will be given to 1st thru 8th place, Participant ribbons will be given to all that didn't get medals. Track pins and ribbons will be given to 25th place and ribbons to the rest in that race.

SNACK BAR

Fruits, muffins, coffee, juices, water, sodas, sports drinks, donuts, bagels, Cream cheese, Boiled eggs, and hot dogs and links will be available.

DIRECTIONS:

Legg Lake at Whittier Narrows Regional Park is on the south side of the 60 freeway at the Santa Anita Ave Exit. West of the 605 freeway.

Note: Serious...Pacing your athlete(s) will result in your athlete(s) being disqualified.

Special Request: If you don't have a current membership # at this time please wait until after November 1st to get one. That membership # will take you through the end of this year and all of 2017. New athletes joining USATF on November 1 will need to be very speedy getting their info into info@scausatf.org so that you will be eligible to register for the Association XC Championship Meet. Make sure that your athlete is properly registered to the team your claiming to be a part of. Scan your BC and membership # ASAP so that you can be verified by the 12th of November... The youth group is aware that this is a tight request so please have everything ready to go by the 1st and you should be ok. If you have any questions please call Rod 626 862-4340 or Sanoma at 310-500- 6375. We are always looking for easier ways to do things, so we all need be aware of the deadlines. Folks that do this in a timely manner will be helping yourself and all involved in the JO registration process. Thanks meet management