



**VALLEY UNITED
STRIDERS
CROSS COUNTRY
INVITATIONAL MEET
2019**



Santa Clarita Central Park

DATE: Saturday, September 21, 2019

TIME: Age group races walk through will begin at 08:00 a.m. with the first race starting at 08:45 a.m. Races will start approximately every 25 minutes and will overlap. 13/14 and 15-18 Girls or Boys will race at the same time and will run the 4K course.

DIVISIONS & DISTANCE:

8:45 am 5/6 & 7/8 GIRLS	(Born in 2011 or later)	2000m (1.2 miles)
9:00 am 5/6 & 7/8 BOYS	(Born in 2011 or later)	2000m (1.2 miles)
9:15 am 9/10 GIRLS	(Born 2009 or 2010)	3000m (1.8 miles)
9:30 am 9/10 BOYS	(Born 2009 or 2010)	3000m (1.8 miles)
9:45 am 11/12 GIRLS	(Born 2007 or 2008)	3000m (1.8 miles)
10:00 am 11/12 BOYS	(Born 2007 or 2008)	3000m (1.8 miles)
10:15 am 13/14 & 15-18 GIRLS	(Born 2005 thru 2006 or 2001-2004)	4000m (2.4 miles)
10:35 am 13/14 & 15-18 BOYS	(Born 2005 thru 2006 or 2001-2004)	4000m (2.4 miles)

ENTRY FEES: (\$7.00) per athlete and no team fee, A team will consist of at least 3 athletes and a maximum of 5 athletes per team to be eligible for team award.

AWARDS: **Medals will be awarded to the top 8 individual places** (At Finish line) Participant ribbon to the next 42 athletes (top 50 total). Team trophies will be awarded to the top 3 team in each age division (5/6, 7/8, 9/10, 11/12, 13/14, 15/16) * All athletes must exit finish chute to get their medal, medals will not be awarded if the athlete leave the finish chute without collecting their medal.

ADDRESS: 27150 Bouquet Canyon Rd, Santa Clarita, CA 91350

PRE-REGISTRATION: please email athlete rosters to alan@runstorm.org, include in the list, Athlete's First & Last Name, Date of birth, Gender, Team or Unattached. All payment fees will be collected at the meet – **Cash or team check only.** [[CLICK Here for Athletic.net registration](#)]

REGISTRATION DAY OF MEET: Begins at 07:00 a.m. and **ends at 09:30 a.m.** Please arrive on time.

INFORMATION: For more information email Alan Bingham at alan@runstorm.org or call C. (661) 755-6197

HOSTED BY: Valley United Track Club.

IMPORTANT FACTS: Last year we had over 450 athletes! This meet will be held on **Saturday**, We invite you to run with us for some great competition. USATF Association will be on this course this year!

VENDORS WELCOME: Please email coachelaine@runstorm.org

USATF Sanctioned Meet

VALLEY UNITED STRIDERS
 CROSS COUNTRY INVITATIONAL MEET
 2019
 SANTA CLARITA CENTRAL PARK

Team Name	
City	
Coach	
email address	
phone	

Minimum of 3 members per team

	Athlete names	AG	DOB	Gender
1				
2				
3				
4				
5				

	Athlete names	AG	DOB	Gender
1				
2				
3				
4				
5				

	Athlete names	AG	DOB	Gender
1				
2				
3				
4				
5				

	Athlete names	AG	DOB	Gender
1	John Q Public	9/10	7/4/2010	Boy

Please use the above form to submit your teams, print more if need and email to alanbingham@runstorm.org
 A team must have at least 3 athletes, and no more than 5. No mixed genders/age groups please