

Free Spirit Cross Country Invitational 2011

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

DATE/ TIME: Sunday, October 16th 2011 at 9:15 a.m. Course walks at 8: 30 a.m.

LOCATION: Mt. SAC Cross Country Course, Walnut, California.

COURSE: Challenging course over asphalt and dirt trails with flat and rolling hill combinations, plus switch backs and tough hills.

DIVISION & DISTANCE

SUB-BANTAM	(Born in 2003 or later) 2000m (1.2 miles)
BANTAM	(Born 2001 or 2002) 3000m (1.8 miles)
MIDGET	(Born 1999 or 2000) 3000m (1.8 miles)
YOUTH	(Born 1997 or 1998) 4000m (2.4 miles)
INTERMEDIATE	(Born 1995 or 1996) 5000m (3 miles)
YOUNG MEN/ WOMEN	(Born 1993 or 1994) 5000m (3 miles)

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

PARKING FEE is \$3.00 and Lot R and S both have yellow boxes where you get the ticket from.

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 identify the A, B, teams prior to the day of the meet.

PRE REGISTRATON: will be taken till 11/14. Those who pre-register won't have to wait in line except to pay. **Line (1)** Early registration will help ease the long lines at the registration table. **Line (2)** Late registration will be accepted as long as it includes the athletes DOB and your list is divided by sex and division. The more who pre-register, the quicker the meet starts and ends.

LATE REGISTRATION:

Registrations will open up at 7:00 a.m. and terminate at 9:30 a.m.

I have decided to make my life a little easier and use electronic timing. I am asking the Teams to use the Hy-Tek Team Manger. You may get a free demo copy of team manager from <http://www.hy-tek.com/downloads.html>: please send athlete rosters in Hy-Tek Team Manager format to fcab2hawk@yahoo.com. Francine Hawkins can be contacted for any questions you may have regarding any Hy-Tek issues ONLY between 6:00 pm to 9:00 pm at (626 367-9257). Any other questions should be directed to Denise Smotherman. Individuals, or those that choose not to use the Hy-tek method, can MAIL ENTRIES or EMAIL **DENISE SMOTHERMAN**. Those sending an athlete roster or individual names should include: division, sex, name, date of birth. All who plan to run more than 1 team for the team trophies should put an asterisk * by the team (3 to 5) members.

Mail entries to: **165 South Dommer Ave, Walnut, CA 91789**
Telephone (909) 595-0103, email to: smotgnd52@earthlink.net

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 and hot dogs will be available.

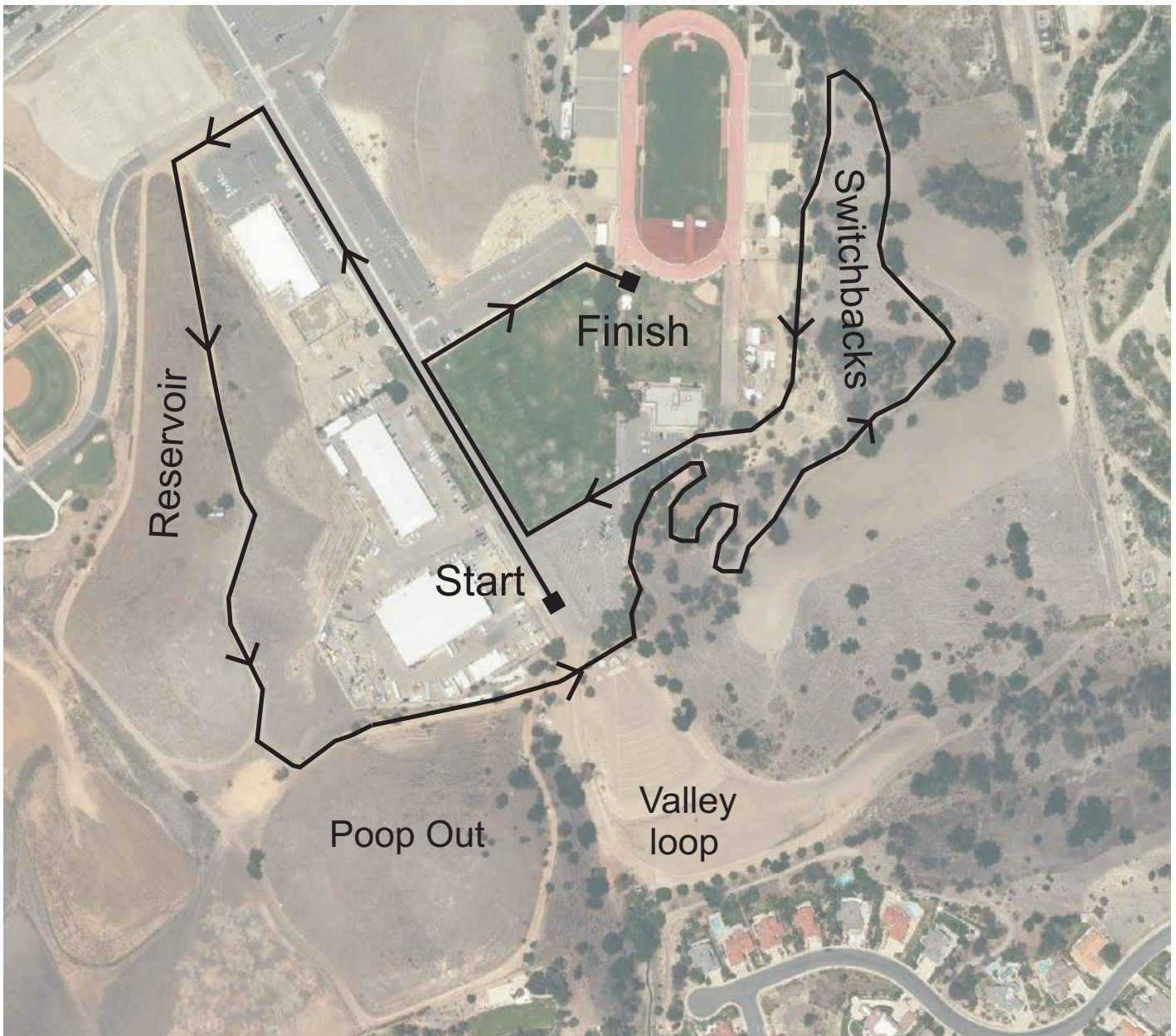
HOTELS / MOTELS

Hotels and Motels closest to Mt. Sac are located northwest of college on the 10 freeway, no more than 3 miles from meet. There are several hotel/motels in that same vicinity. Restaurants and Major is within a 5 mile radius. If more information is needed please don't hesitate to call.

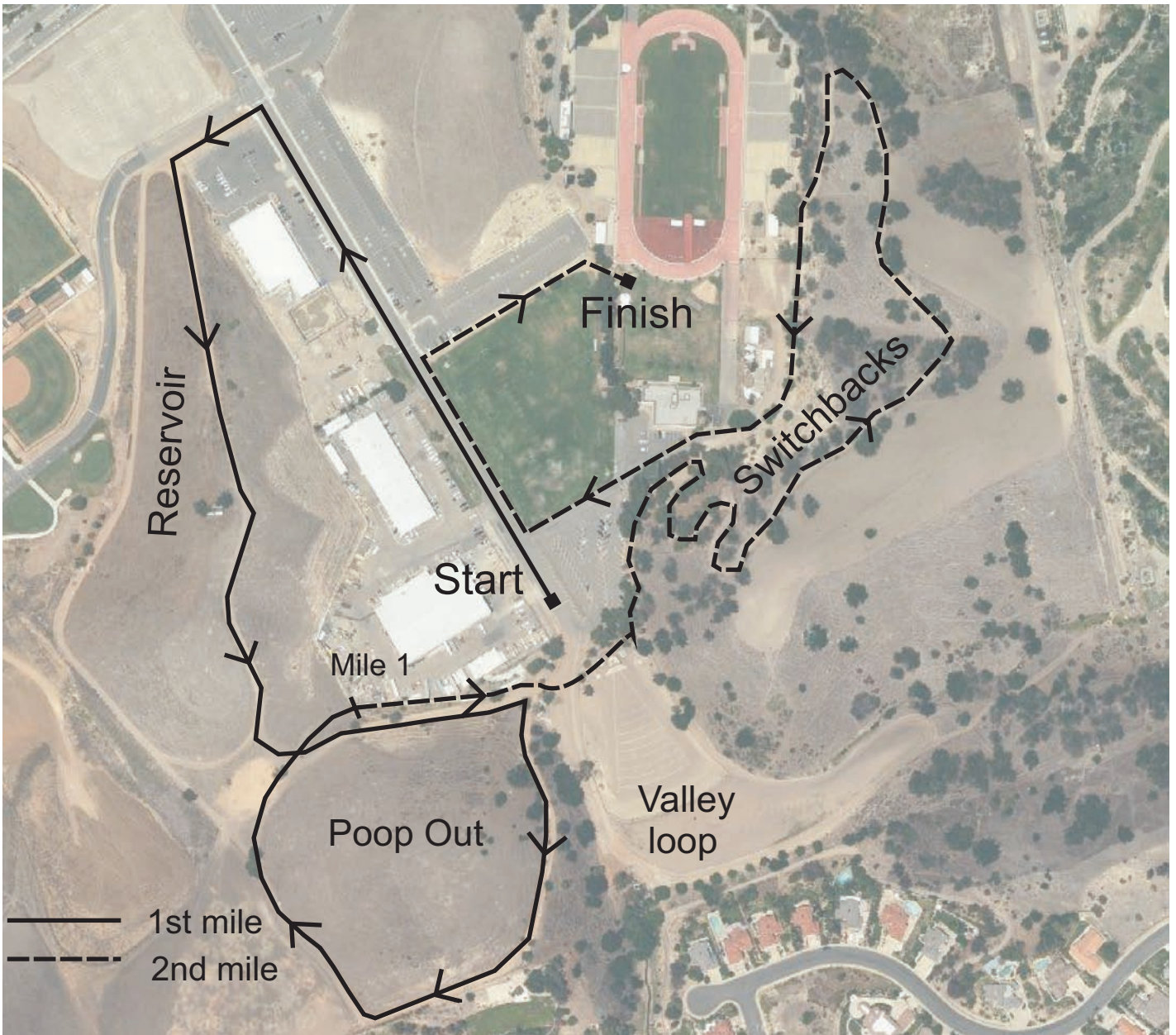
DIRECTIONS: Mt. SAC is between the Pomona and San Bernardino Fwy and west of the Orange Fwy (57)
From Inland Empire area, take San Bernardino Fwy west to the (57) Fwy, go south 1 mile to Temple Ave, turn right and go west approximately 2 miles and turn left at Bonita and park in lot R.
From the LA area go east on Pomona Fwy (60) to Grand, turn left about 2 miles to Temple and turn right, turn right at Bonita and park in lot R.
From the LA area go east on the San Bernardino Fwy (10) to Grand exit and turn right, go 3 miles to Temple, turn left, go to Bonita and turn right at Bonita and park in lot R.
From the 210 Fwy, go east to Orange Fwy (57), go south to Temple Ave, go west approximately 2 miles and turn left at Bonita and park in lot R.

Special Request **If you don't have 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 2012.**

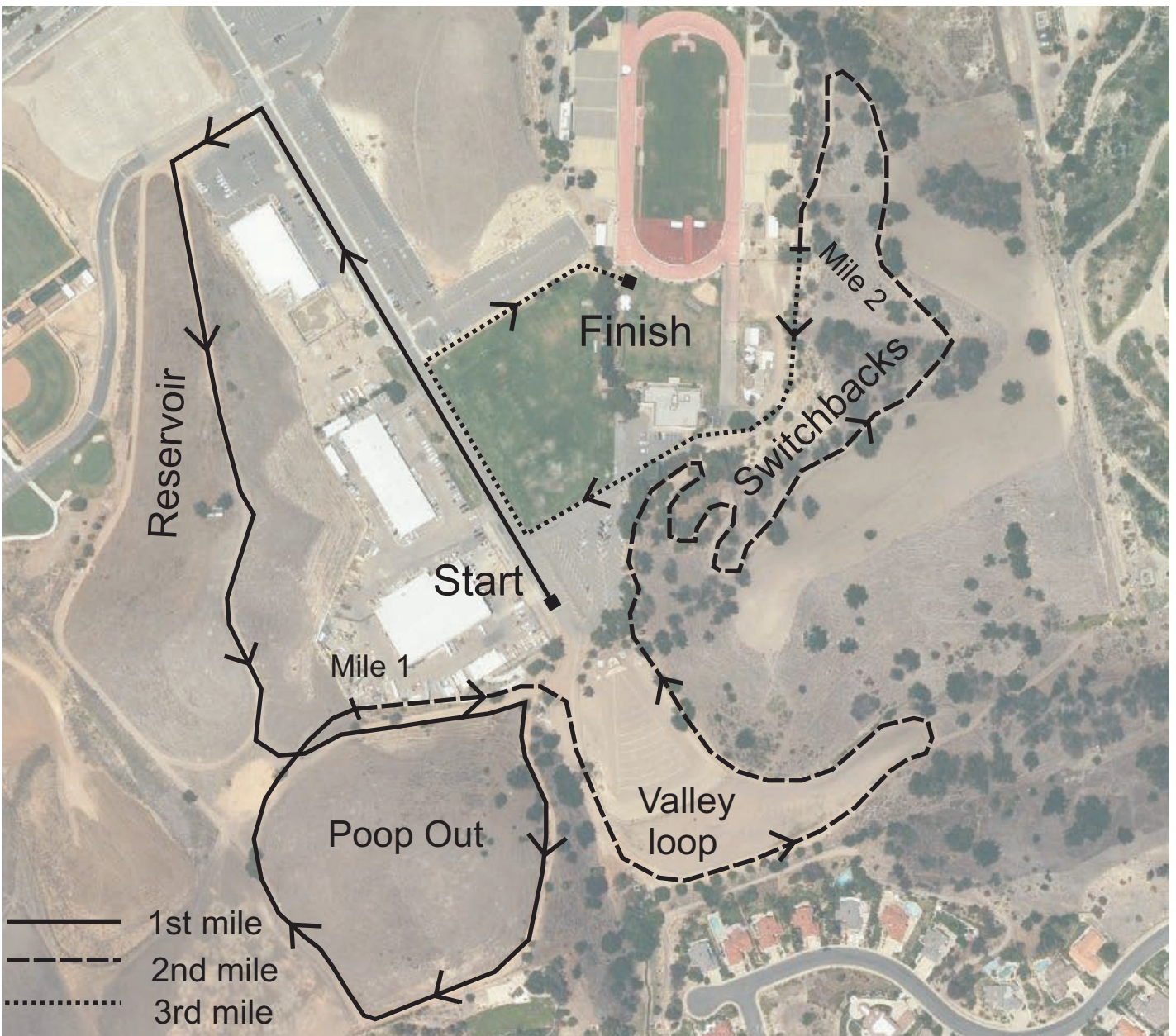
Free Spirit 2k



Free Spirit 3k



Free Spirit 4k



Free Spirit 5k

