



County of Los Angeles
 Department of Parks and Recreation
 North County Community Services Agency
El Cariso Community Regional Park
 13100 Hubbard Street Sylmar, Ca
 (818) 367-5043



LA County Cross-Country Invitational

Sponsored by Valley Youth Conference



At El Cariso Park on Saturday September 10, 2016

REGISTRATION:

\$5.00 per athlete

Begins: 7:00 am

Ends: 8:45 am

Come participate in L.A. County & Valley Youth Conference's 3rd Annual cross-country partnership meet. Registration will begin at 7:00 am and end at 8:15 am. Send pre-registration for an athlete or team to Alan Bingham at alanbingham@runstorm.org. For more information call (661) 775-6197, visit www.vyc-xc.org, or email Alan Bingham. Join in the fun and showcase your strength as an athlete.

DIVISION & DISTANCE:

7:30am—5k Run Course

High School / Adult / Open
 (No walkthrough)

8:30am—2k, 3k, & 4K

(Run Course Walk Through)

9:15am—2000m (1.2 mi)

Sub-Gremlin 5 & 6 boys/girls
 Gremlin 7 & 8 boys/girls

9:40am—3000m (1.8 mi)

Bantam 9 & 10 boys/girls

10:00am—3000m (1.8 mi)

Midget 11 & 12 boys/girls

10:20am—4000m (2.4mi)

Youth 13 & 14 boys/girls

Intermediate 15 & 16 boys/girls



AWARDS

Top 3 individual medals
 Place ribbons: 4—8



ADA NOTICE

Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA coordinator to carry out this department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. TEL 213-738-2970 TDD 213-427-6118 FAX 213-487-0380. Upon 3 day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any reasonable accommodations are available to the public for County-sponsored activities and events.