

Free Spirit Cross Country Invitational 2018

Welcomes you back

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

DATE/ TIME: Sunday, October 14th 2018 at 9:15 a.m. Course walks at 8:30 a.m

LOCATION: Arcadia County Park 405 S Santa Anita Ave. Arcadia, CA. 91006

COURSE: Course is a fast flat course, it over grass and with some concrete paths. Copies of the course maps will be available online by the 9th.

DIVISION & DISTANCE

8 and UNDERS (Born 2010 or later) 2000m (1.2 miles)

9 and 10 year olds (Born 2008 or 2009) 3000m (1.8 miles)

11 and 12 year olds (Born 2006 or 2007) 3000m (1.8 miles)

13 and 14 year olds (Born 2004 or 2005) 4000m (2.4 miles)

******* 15&16 (Born 2002 or 2003) 5000m (3 miles) will run with the Open at 8:00 am

******* 17&18 (Born 2000 or 2001) 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
Start Time 8:00am Prompt Medals will be given to the top 8 men
and top 8 women for the Open Athletes.

REGISTRATON: To compete in this meet you must do the following: Register for the meet online at Athletic.net. **We need DOB on all athletes, sex and team please.** <https://www.athletic.net/Help/CrossCountry.aspx?Meet=151752> starting Sept. 14th and registration will close on Oct. 10 @ 6:00pm PST Click on the link above and follow those directions to enter your team or athlete. If you need help or have questions about using Athletic.net call Denise at 909 595-0103. Pre registered teams will only have to wait in **Line (1)** to pay their fees.
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 helps 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 .. Alan Bingham can answer Athletic.net questions after 6pm -9pm and between 12pm to 1pm only phone # is 661 755-6197. 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 11th**. If sending an athlete's roster or individual's names it should include division, sex, name, date of birth. **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.

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.** Send me a list of the scoring team members please

SNACK BAR

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

DIRECTIONS:

From the 210 fwy exit on Santa Anita and go south about a mile. Park will be on the right. From the 10 fwy exit Santa Anita and go north about 3 miles and the park is on the left. Hotels are near by and in Monrovia, and Pasadena.

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 2019. New athletes joining USA TF on November 1 will need to be very speedy getting their info into 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 5th 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 Kim Wachowski 909 260 6962 Sanoma Evans 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