

Free Spirit Condors Cross Country Invitational 2025

WE WELCOME YOU BACK

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

DATE/TIME: Sunday, October 12th 2025 at 9:15 a.m. Course walks at 8:40 a.m

LOCATION: Pelona Vista Park, 37720 Tierra Subida Ave, Palmdale, CA 93551.

COURSE: Challenging course over dirt trails with flat and rolling hills combinations, plus switchbacks and hills. Copies of the course maps are included.

DIVISION & DISTANCE

8 & Under (Born in 2017 or later 2000m)

9 & 10 yrs (Born 2016 or 2015 3000m)

11 & 12 yrs (Born 2014 or 2013 3000m)

13 & 14 yrs (Born 2012 or 2011 4000m)

15 thru 18 yrs (Born 2010 thru 2007) will run a combined 4000m with the 19 yr old, Open & Master athletes at 8:00 am PROMPTLY. Medals will be given to the top 5 men and women in the 19 and older, as well as the top Open and Masters athletes.

ENTRY FEES: Youth athletes (\$7.00). 19 yrs & above (\$15.00)

REGISTRATION: Registration opens September 8, 2025 and will close on October 8, 2025 at 11:59pm PST.

To compete in this meet you must do the following:

Register online at <https://www.athletic.net/edit/crosscountry/register/4351379/>

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 Alan Bingham at (661) 755-6197

LATE REGISTRATION: Late registration for the 4K will open at 7:00 a.m. for 15-16, 17-18 and Parents, Coaches, OPEN and Master runners and will close at 7:35 a.m. in order to be ready to run at 8:00 AM. All other registration will **absolutely close** at 9:30 AM. Late registration fee Plus \$5.00 to Entry Fee above.

PLEASE PRE-REGISTER. The morning of the meet, I'd like to spend my time greeting you and getting the meet flowing to have a great meet.

PACKET PICK UP: Opens at 7:00 am Cash, Check to Free Spirit. Go to the appropriate line to pick up your packet.

Line (1) is for pre-registered teams and individual athletes;

Line (2) is for late registration and changes;

Line (3) is for late registration for Open athletes and anyone running in the 5K.

All late registered athletes must include their DOB, team affiliation, sex and division.

Pre-registration will help to ease the long lines at the registration table. The more who pre-register, the quicker the meet starts and ends.

Teams please register your OPEN and/or Master runners. Their tags will be in your team packet.

AWARDS: Medals will be given to 1st thru 5th place. Track pins and ribbons will be given to 6th thru 25th place and ribbons to all the rest of the runners in that race.

TEAM AWARDS: Will be given to 1st place thru 3rd place shortly after the points have been tabulated for each division. **Teams consist of a minimum of five (5) runners and maximum (8) runners per team.** All teams run (5 to 8) 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 them as **A, B, C teams during the Athletic.net registration process. Clubs must absolutely submit changes to their scoring teams no later than 8:30am on the morning of the meet.** A change form will be made available.

Do NOT Pace your athlete(s). It will result in your athlete(s) being disqualified. Course is closed to all parents and coaches.

SNACK BAR: There won't be a snack bar, but there may be a few vendors in the park.

PARKING: The park has plenty of free parking, so please be sure to park in a parking space. I have always appreciated the help you've all given by cleaning up your areas. A trash bag will be given out at packet pick up. Please close your bag(s) and deliver them to the packet pick up area after the meet.

FYI & Helpful Info:

If you don't have a current membership number at this time, please wait until after November 1st to get it. That membership number will take you through the end of this year and all of 2026. New athletes joining USATF on November 1 will need to hurry and get their info into usatf.org so that you'll be eligible to register for the Association XC Championship Meet. Please note: There are changes to how you do membership and DOB verification. So make sure you handle that process accurately and quickly. Also make sure your athlete is properly registered to the team you're claiming them to be a part of. The youth committee is aware that this is a tight request, so please have everything ready to go by November 1st and you should be ok. We are always looking for easier ways to do things, and we need to be aware of the membership/registration deadlines. Those that do this in a timely manner will be helping themselves and all involved in the JO registration process.

Any meet related questions should be directed to **Denise Smotherman** prior to the meet at **(909) 595-0103**, or email – **alan@runstorm.org**

THANK YOU

FREE SPIRIT CONDORS

MEET MANAGEMENT

Free Spirit Invitational 2025 Online Entry Instructions

Date 10/12/2025

Host Storm Timing

Location Pelona Vista Park
37800 Tierra Subida Ave, Palmdale,
CA 93551

Director Denise Smotherman

First Race

Athlete Registration will be locked on 10/8/2025 at 11:59 PM (local time)

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. [Sign up for a free coach account](#) (if you do not have one)

- Go to the website: www.athletic.net
- Click on '[Log In](#)' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- [Log In](#) to Athletic.net
- Navigate to the [Events page](#)
- Start typing **Free Spirit Invitational 2025** into the Search Box
- Expand the meet card, and find the button to add this meet to your team's calendar
- Repeat this process for the rest of your season calendar (*You can also find meets by date and location*)
- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes

- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for Free Spirit Invitational 2025

- Locate **Free Spirit Invitational 2025** on your team's main Cross Country page and click on it
- Click "**Register Athletes**"
- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).
- Use the "Add an athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.