



VALLEY UNITED STRIDERS
CROSS COUNTRY
INVITATIONAL MEET
2015
Santa Clarita Central Park



DATE: Saturday, September 26, 2015

TIME: Open 3 mile race @ 7:30 No Walk through, age group races walk through will begin at 08:00 a.m. with the first race will begin at 08:45 a.m. Races will start approximately every 25 minutes and will overlap. 13/14 and 15/16 will race at the same time.

DIVISIONS & DISTANCE:

7:30 HIGH SCHOOL TEAMS / OPEN	(HIGH SCHOOL and OPEN)	3 MILE HS COURSE
8:45 am SUB-BANTAM GIRLS - 8 & under	(Born in 2007 or later)	2000m (1.2 miles)
9:00 am SUB-BANTAM BOYS - 8 & under	(Born in 2007 or later)	2000m (1.2 miles)
9:15 am BANTAM GIRLS - 9/10	(Born 2005 or 2006)	3000m (1.8 miles)
9:30 am BANTAM BOYS - 9/10	(Born 2005 or 2006)	3000m (1.8 miles)
9:45 am MIDGET GIRLS - 11/12	(Born 2003 or 2004)	3000m (1.8 miles)
10:00 am MIDGET BOYS - 11/12	(Born 2003 or 2004)	3000m (1.8 miles)
10:15 YOUTH GIRLS & BOYS - 13/14	(Born 2001 or 2002)	4000m (2.4 miles)
10:15 INTERMEDIATE GIRLS & BOYS - 15/16	(Born 1999 or 2000)	4000m (2.4 miles)

ENTRY FEES: (\$5.00) 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: Medal will be awarded to the top 8 individual places (At Finish line) Participate ribbon to the next 20. Team trophies will be awarded to the top 3 team in each age division.

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

PRE-REGISTRATION: please email athlete rosters to alanbingham@runstorm.org, include in the list, Athlete's First & Last Name, Date of birth, Gender, Team or Unattached.

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 alanbingham@runstorm.org or call C. (661) 755-6197

HOSTED BY: Hawks Track Club, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Palmdale Bullets, Santa Clarita Track Club Storm, Trinity Knights, Valley Raiders, Village Christian School, West Valley Eagles, Fillmore Condors, Valley United Striders. Valley Youth Conference.

IMPORTANT FACTS: Last year we had 683 athletes! This meet will be held on **Saturday**, You can still Race on Sunday in Temecula! We invite you to run with us for some great competition.

VALLEY UNITED STRIDERS
CROSS COUNTRY INVITATIONAL MEET
2015
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	7/4/2004	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

VALLEY CONFERENCE YOUTH CROSS COUNTRY OPEN MEETS

DATES: Saturday, September 5, 2015 @ 8:00 a.m. @ El Cariso Park – LA Country XC Invite
Saturday, September 19, 2015 @ 8:30 a.m. @ O'Melveny Park – Granada Hills
Valley United Striders Invitational XC Meet Saturday, September 26, 2015 @ 7:00 a.m. @ Santa Clarita Central Park (See flyer for more info)
Saturday, October 3, 2015 @ 8:30 a.m. @ Corriganville Park – Simi Valley
Saturday, October 10, 2015 @ 8:30 a.m. @ El Cariso Park - Sylmar
Saturday October 24, 2015 @ 8:30 a.m. @ Woodley Park – Van Nuys
Bouquet Canyon Invitational Cross Country Meet (See flyer for more info)
Saturday November 7, 2015 @ 8:00 a.m. @ Santa Clarita Central Park

TIME: Walk through will begin at 08:00 a.m. and the first race will be at 08:45 a.m.

DIVISIONS & DISTANCE:

8 and Under	(Born in 2007 or later)	2000m (1.2 miles)
9/10	(Born 2005 or 2006)	3000m (1.8 miles)
11/12	(Born 2003 or 2004)	3000m (1.8 miles)
13/14	(Born 2001 or 2002)	4000m (2.4 miles)
15/16	(Born 1999 or 2000)	4000m (2.4 miles)

ENTRY FEES: Five Dollars (\$5.00) per athlete.

PRE-REGISTRATION: please send athlete rosters on attached form and email to alanbingham@runstorm.org

REGISTRATION DAY OF MEET: Begins at 07:45a.m. and ends at 08:15 a.m.

INFORMATION: For more information email Alan Bingham at alanbingham@runstorm.org, or call C. (661) 755-6197 or visit our website at www.vyc-xc.org

The Valley Youth Conference has membership of over 450 athletes for the 2014 cross country season and contains the following Member clubs: **Hawks Cross Country, Los Angeles Falcons, Northridge Pacers, North Valley Golden Bears, Santa Clarita Track Club, SoCal Super Sonics, Trinity Classical Knights, Village Christian, Valley Raiders Track Club, West Valley Eagles,**

We ask that if you plan on having your team race that you please send your rosters in advance of the meet to Alan Bingham at alanbingham@runstorm.org, We will provide competitor labels for your athletes.

Note that all of these meets are invitational meets, however no awards will be awarded nor will there be any team scoring except for the Valley United Striders Invitational and the Bouquet Canyon Invitational Meet.

Central Park – 2k



Central Park – 3k



Central Park – 4k

