

# Free Spirit Condors Cross Country Invitational

## 2022

### Welcomes you back

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

**DATE/ TIME:** Saturday, October 8<sup>th</sup> 2022 at 9:15 a.m. Course walks at 8:40 a.m

**LOCATION:** Leg Lake at Whittier Narrows Regional Park 750 Santa Anita Ave. South El Monte 91733. The lake is on the South side of the 60 fwy. Enter on the Santa Anita side. Parking is \$7.00 Please have the correct change.

**COURSE:** Course is a flat course mostly on grass with some concrete paths  
Copies of the course maps will be available online by the 1st of October.

#### DIVISION & DISTANCE

8 and UNDER	(Born in 2014 or later) 2000m (1.2 miles)
9 and 10 year olds	(Born 2013 or 2012) 3000m (1.8 miles)
11 and 12 year olds	(Born 2011 or 2010) 3000m (1.8 miles)
13 and 14 year olds	(Born 2009 or 2008) 4000m (2.4 miles)

**\*\*\* 15 & 16 (Born 2007 or 2006) 5000m (3 miles) will run with the Open at 8:00 am**

**\*\*\* 17 & 18 (Born 2005 or 2004) 5000m (3 miles) will run with the Open at 8:00 am**

**19 plus (Born 2003 and earlier) 5000m (3 miles) at 8:00am**

#### ENTRY FEES:

Seven Dollars (\$7.00) for all youth athletes. Open \$ 10.00.

Open Athletes (Combined) (19yrs-Older) 15-16 and 17-18 5000 meters All will run together Start Time: 8:00 am **Promptly**

Medals will be given to the top 8 men and top 8 women for the Open Athletes.

#### REGISTRATION:

To compete in this meet you must do the following; Register for the meet online at <https://www.athletic.net/CrossCountry/meet/215324/register> starting 9/14 and registration will close on Oct 4 @ 9:00pm 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 Alan Bingham @ 661 755 6197 after 6pm -9pm and between 12pm -1pm Any other questions should be directed to Denise Smotherman 909 595 0103 or 951 961 6207

#### 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 and team affiliation, sex and division. Pre registration will help 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 or Master runners.** Their tags will be in your packet

## **LATE REGISTRATION:**

Registrations will open at 7:00a.m. for 15-16, 17-18 and Parents, Coaches, OPEN and Master runners late registration will close at 7:35 in order to be ready to run at 8:00 AM. All other registration will **absolutely close** at 9:00 AM. Any meet related questions should be directed to Denise Smotherman prior to the meet. My phone # 909 595-0103, and my email is smotgnd52@earthlink.net I can fix most issues by October 7th 6pm.. The morning of the meet I'd like to spend my time greeting you and getting the meet flowing and having a great meet.

**AWARDS:** Medals will be given to 1st thru 8th place, Track pins and ribbons will be given to 9th 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 three (3) runners and maximum (5) runners per team. All teams with (3 to 5) 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 during the Athletic.net entry 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.

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

I have always appreciated the help you've all given by helping to clean up your area. 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.

***NO need to Pace your athlete(s) it 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 1<sup>st</sup> to get one. That membership # will take you through the end of this year and all of 2023. 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. 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 1<sup>st</sup> and you should be ok. If you have any questions please call Sanoma Evans at 213 500-6375 or Kim Wachoski at 909 260 6962. We all are always looking for easier ways to do things, and we all need to be aware of the deadlines. Those that do this in a timely manner will be helping themselves and all involved in the JO registration process.

**A FUN TIME IS AVAILABLE FOR ALL..... TEAMS AND FAMILIES ARE WELCOME TO BRING THEIR FISHING POLES, BIKES AND CORN HOLE GAMES. A HAPPY TIME IS REQUESTED..**

**THANK YOU  
FSC MEET MANAGEMENT**