

VALLEY STRIDERS
CROSS COUNTRY INVITATIONAL
2007
Pierce College

Date: Saturday, September 29, 2007 @ 8:30 a.m.

Time: Walk through will begin at 08:00 a.m. and the first race will be at 8:30 a.m. Races will start approximately every 15 minutes and will overlap. Youth and Intermediate will race at the same time.

Divisions & Distance:

SUB-BANTAM	(1999 and under)	2000M
BANTAM	(1998-1997)	3000M
MIDGET	(1996-1995)	3000M
YOUTH	(1994-1993)	4000M
INTERMEDIATE	(1992-1991)	4000M

Entry Fees: Three Dollars (\$3.00) per athlete, Team entries are \$10.00 for each team entered. A Team will consist of at least 3 athletes and a maximum of 5 runners per team to be eligible for team awards.

Awards: Place Ribbons will be given to 4th thru 8th place.

Trophies will be awarded to 1st, 2nd and 3rd place individuals.

Teams will be awarded to first place only.

Address: 6201 Winnetka Ave., Woodland Hills, California 91371 (the cross country course is next to the track).

Pre-registration: please send athlete rosters in Hy-Tek Team Manager format to Janeen Klarenbach at klarenbach@sbcglobal.net no later than Wednesday, September 27.

Registration day of meet: begins at 07:30 a.m. and ends at 09:30 a.m.

You may get a free demo copy of team manager from <http://www.hy-tek ltd.com/downloads.html>

For more information email Janeen Klarenbach at klarenbach@sbcglobal.net or call (818) 577-9651.