

VALLEY STRIDERS CROSS COUNTRY INVITATIONAL MEET

2008

Pierce College

DATE: Saturday, September 27, 2008 @ 8:30 a.m.

TIME: Walk through will begin at 08:00 a.m. and the first race will be at 08:30 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	(Born in 2000 or later)	2000m (1.2 miles)
BANTAM	(Born 1998 or 1999)	3000m (1.8 miles)
MIDGET	(Born 1996 or 1997)	3000m (1.8 miles)
YOUTH	(Born 1994 or 1995)	4000m (2.4 miles)
INTERMEDIATE	(Born 1992 or 1993)	4000m (2.4 miles)

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 athletes per team to be eligible for team award.

AWARDS: Medals will be awarded to the top 8 individual places. Team trophies will be awarded to top three teams in each age division.

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 format or a simple list of athletes with birthdates per age division/team to Alan Bingham at alanbingham@sctc-storm.org no later than Wednesday September 24. You may get a free demo copy of HY-TEK Team manager from <http://www.hy-tek ltd.com/downloads.html>

REGISTRATION DAY OF MEET: Begins at 07:30 a.m. and ends at 09:30 a.m.

INFORMATION: For more information email Bryan Riggs at riggsinc@sbcglobal.net , or call W. (805) 578-2400 ext 101 or H. (805) 581-5268.