

# VALLEY STRIDERS CROSS COUNTRY INVITATIONAL MEET

2009

*Pierce College*

**DATE:** Saturday, October 3, 2009 @ 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:**

<b>SUB-BANTAM</b>	(Born in 2001 or later)	2000m (1.2 miles)
<b>BANTAM</b>	(Born 1999 or 2000)	3000m (1.8 miles)
<b>MIDGET</b>	(Born 1997 or 1998)	3000m (1.8 miles)
<b>YOUTH</b>	(Born 1995 or 1996)	4000m (2.4 miles)
<b>INTERMEDIATE</b>	(Born 1993 or 1994)	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 on attached form and email to [info@valleyconference.org](mailto:info@valleyconference.org)

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

**INFORMATION:** For more information email Ron McGee at [rmcgeeco@yahoo.com](mailto:rmcgeeco@yahoo.com), or call H. (818) 833-9516

VALLEY STRIDERS  
CROSS COUNTRY INVITATIONAL MEET  
2009  
PIERCE COLLEGE

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	Bantam	7/4/2000	Boy

Please use the above form to submit your teams, print more if need and email to [info@valleyconference.org](mailto:info@valleyconference.org)  
A team must have at least 3 athletes, and no more than 5. No mixed genders/age groups please