

# Free Spirit Cross Country Invitational 2009

SANCTIONED BY: Southern California Association / U.S.A. TRACK & FIELD  
DATE/ TIME: Sunday, October 18 th 2009 at 9:15 a.m. Course walks at 8: 15a.m.  
LOCATION: Mt. SAC Cross Country Course, Walnut, California.  
COURSE: Challenging course over asphalt and dirt trails with flat and rolling hill combinations, plus switch backs and tough hills.

## DIVISION &

Sub-Bantams Girls / Boys (2001 & later) 2000 meters \* Bantam Girls/Bantam Boys(2000-1999) 3000 meters \*  
Midget Girls/ Midget Boys (1998-1997) 3000 meters \* Youth Girls/ Youth Boys (1996-1995) 4000 meters \*  
Intermediates Girls Boys (1994-1993) 5000 meters \* Young Women & Men (1992-1991) 5000 meters \*

(\$ 10.00 per event) Open (Combined) (19yrs-Older) 4000meter or 5000 meters your choice...

ENTRY FEES: Three Dollars (\$3.00) for all youth athletes. **Open \$ 10.00. TEAM AWARDS will be given shortly after the points have been tabulated for each division. A team consist of a minimum three (3) runners and maximum (5) runners per team. Team entries are \$ 10.00.**

**ENTRY DEADLINE:** All entries must be received no later than October15, 2009. Early registration & **PRE REGISTRATON INFORMATION** will helps to ease the long lines at the registration table. Late registration will be accepted as long as it includes the athletes DOB, and your list is divided by sex and division.. The more who pre-registered, the quicker the meet starts and ends.

I have decided to make my life a little easier and use electronic timing .. I am asking the Teams to use the Hyt-ek Team Manger. You may get a free demo copy of team manager from <http://www.hy-tek ltd.com/downloads.html>: please send athlete rosters in Hy-Tek Team Manager format to [fcab2hawk@yahoo.com](mailto:fcab2hawk@yahoo.com) Francine Hawkins can only be contacted for any questions you may have regarding any hy-telk issues from 6:00pm to 9:00pm at (626 367-9257) Any other questions should be directed to Denise Smotherman.

Individuals or those that choose not to use the Hy-tek method can MAIL ENTRIES or FAX, or EMAIL **DENISE SMOTHERMAN** Those sending a athletes roster or individuals names should include division, sex, name, date of birth. All who plan to run a team for a the team trophies should put an asterisk \* by the team (3 to 5)members

165 South Dommer Ave  
WALNUT, CA. 91789  
Home (909) 595-0103 FAX # (909) 595-84446 [Smotgnd52@earthlink.com](mailto:Smotgnd52@earthlink.com)

LATE REGISTRATION: Registrations will open up at 7:45 a.m. and terminate at 9:30 a.m.

**AWARDS:** Medals will be given to 1st thru 8th place, Participant ribbons will be given to all that didn't get medals. Track pins and ribbons will be given them to 25 th place and ribbons to the rest in that race.

**SNACK BAR** Fruits, muffins, coffee, juices, water, sodas, sports drinks, donuts and hot dogs will be available.

#### **HOTELS / MOTELS**

Hotels and Motels closest to Mt. Sac are located north of college on the 10 freeway, no more than 3 miles from meet. There are several hotel/motels in that same vicinity. Restaurants and Major shopping center are within a 5 mile radius. If more information is needed please don't hesitate to call.

**DIRECTIONS:** Mt. SAC is between the Pomona and San Bernardino Fwys. and west of the Orange Fwy (57)

From Inland Empire area take San Bernardino Fwy. west to the (57)Fwy, go south 1 mile to Temple Ave. and turn Rt and go west approximately 2 miles and turn Lt at Bonita and park in lot R.

From the LA area go east on Pomona Fwy (60) go east to Grand and turn Lt then go about 2 miles to Temple and turn Rt and then turn Rt at Bonita and park in lot R.

From the LA area go east on the San Bernardino Fwy (10) to Grand exit and turn Rt then go 3 miles to Temple and turn Lt. then go to Bonita and turn Rt at Bonita and park in lot R.

From the 210 Fwy go east to Orange Fwy. (57) south and get off at Temple Ave. and go west approximately 2 miles and turn left at Bonita and park in lot R.

**Special Request** **If you don't have 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 2010.**