

# FREE SPIRIT CONDORS CROSS COUNTRY INVITATIONAL 2014

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

**DATE/ TIME:** Sunday, October 19<sup>th</sup> 2014 at 9:20 a.m. Course walks at 8:30 a.m for the 2K, 3K, & 4K

**LOCATION:** Mt. SAC Cross Country Course, Walnut, California.  
**MT SAC does not allow dogs of any size on their campus period.....Please honor the school rules; Campus security will ask offenders to leave.**

**COURSE:** Challenging course over asphalt and dirt trails with flat and rolling hills combinations, plus switch backs and tough hills. Call for copies of the course maps.

## DIVISION & DISTANCE

8 & Under	(Born in 2006 or later) 2000m (1.2 miles)
9 & 10	(Born 2004 or 2005) 3000m (1.8 miles)
11 & 12	(Born 2002 or 2003) 3000m (1.8 miles)
13 & 14	(Born 2000 or 2001) 4000m (2.4 miles)
15 & 16	(Born 1998 or 1999) 5000m (3 miles) will run with the Open at 8:00 am
17 & 18	(Born 1996 or 1997) 5000m (3 miles) will run with the Open at 8:00 am

**ENTRY FEES:** Five Dollars (\$5.00) for all youth athletes. **Open \$ 10.00.**  
Open Athletes (Combined) (19yrs-Older) 5000 meters  
**8:00am Prompt Start Time.**  
Medals will be given to the top 8 men and top 8 women for the Open Athletes.

**PARKING FEE** is **\$3.00** and Lot R and S both have yellow boxes where you get the ticket from **Or there may be Mt. Sac staff taking the parking fees have your \$ 3.00 ready** so you don't have to wait on change and speed up that process.

**TEAM AWARDS:** Will be given 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 (3to5) 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 prior to the day of the meet. Please also put an asterisk\* by the team members.

**PRE REGISTRATON:** Pre registration will be taken until 10/15 and we really appreciate those who do. 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.

Registrations will open up at 7:00 a.m. and close at 9:15 a.m.  
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 [scatrackentries@yahoo.com](mailto:scatrackentries@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 Greg or Denise Smotherman. Individuals or those teams that choose not to use the Hy-tek method can mail entries or email Greg or Denise Smotherman prior to **October 15<sup>th</sup>**. If you're sending an athlete's roster or individual's names it should include division, sex, name, date of birth. (Check team award info) Address and Email info is **165 South Dommer Ave WALNUT, CA. 91789 Home (909) 595-0103 [smotgnd52@earthlink.net](mailto:smotgnd52@earthlink.net)**  
**If you do not get a confirmation email from either Francine or Denise about your pre registration by 10/16, please contact us prior to day of meet so we can solve any team registration problems.**  
**Line (1) is for** those teams and athletes that did pre register, they will only have to pay and pick up their package. Team check, Money Order, and or Cash is the only form of payment we will accept. **Make checks out to Greg Smotherman and add Free Spirit in the memo please.**

**LATE REGISTRATION:** **Line ( 2)** is for late registration and changes, 15 &16, 17 & 18 and Open athlete's registration will be accepted until 7:45am and will close in order to start that race at 8:00am promptly. Only open athlete with the proper colored tag will be allowed to start the 5 K race.  
Late Registration will be accepted for the 8 & under's until 8:30am and late registration will totally close for every other age group at 9:15am.  
Name, DOB, sex and team name is info needed with all late entries.  
Teams with changes or adds must be divided by name sex and division.

**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 to 25th place and ribbons to the rest in that race.

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

**HOTELS/MOTELS** Hotels and Motels closest to Mt. Sac are located on the 10, 60 and 57 freeways and are no more than 5 miles from Mt. SAC. If more information is needed please don't hesitate to call.

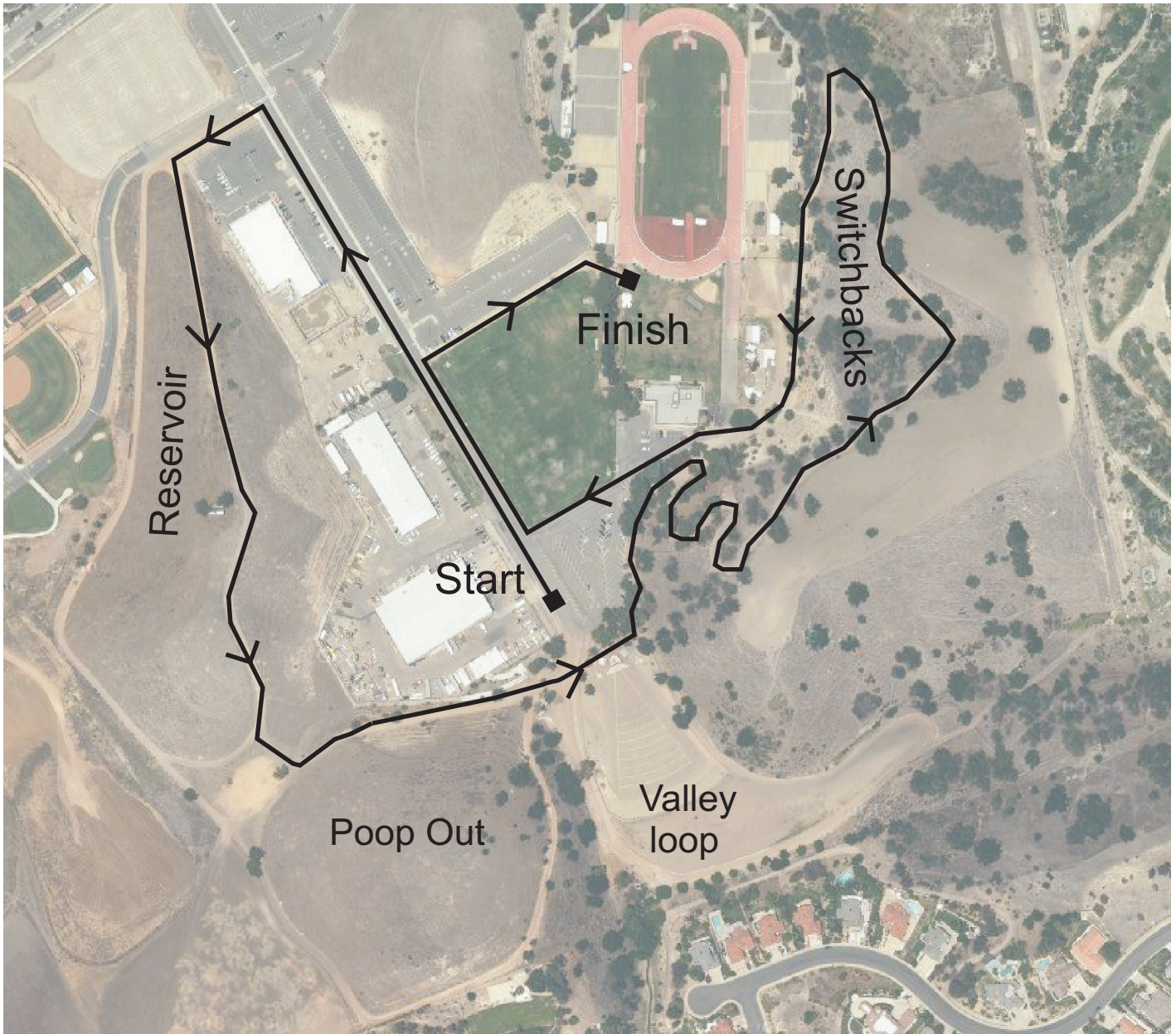
**DIRECTIONS:** Mt. SAC is between the Pomona (60) and San Bernardino (10) Fwys. and west of the Orange Fwy (57)... Exit on Grand, go south off the 10 freeway... from the 60 freeway Exit Grand, go north, and Exit Temple and go west off of the 57 freeway. You will go about 2 or 3 miles to Bonita and turn south into the parking lots. Each of those freeway exits will lead you to Temple and Bonita.

## **Important Points**

- **Pacing your athlete(s) will result in your athlete(s) being disqualified.**
- **NO DOGS ON MT SAC PROPERTY... SECURITY WILL ENFORCE**
- **Don't leave your dog in car alone, Security will call the proper agency to pick up dog**
- **Spectators must be aware of runners on the course, please keep course clear.**
- **IMPORTANT, IMPORTANT, 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 2015. New athletes joining USA TF on November 1, will need to hurry and get your athletes info into [info@scausatf.org](mailto:info@scausatf.org) so that you will be eligible to register for the Association XC Championship Meet. Make sure that your athlete is properly registered to whatever team your claiming them a part of. Scan your BC and membership # ASAP so that you can be verified by the 12<sup>th</sup> of November... The youth group is aware that this is a tight request so please have everything ready to go by the 1<sup>st</sup> and you should be ok. If you have any questions please call Rod Crowell 626 862-4337. The youth are always looking for easier ways to do things so lets us all be aware of the deadlines. Folks, doing this in a timely manner will help you and all involved get through the JO registration process.**
- **All issues can be solved calmly.**

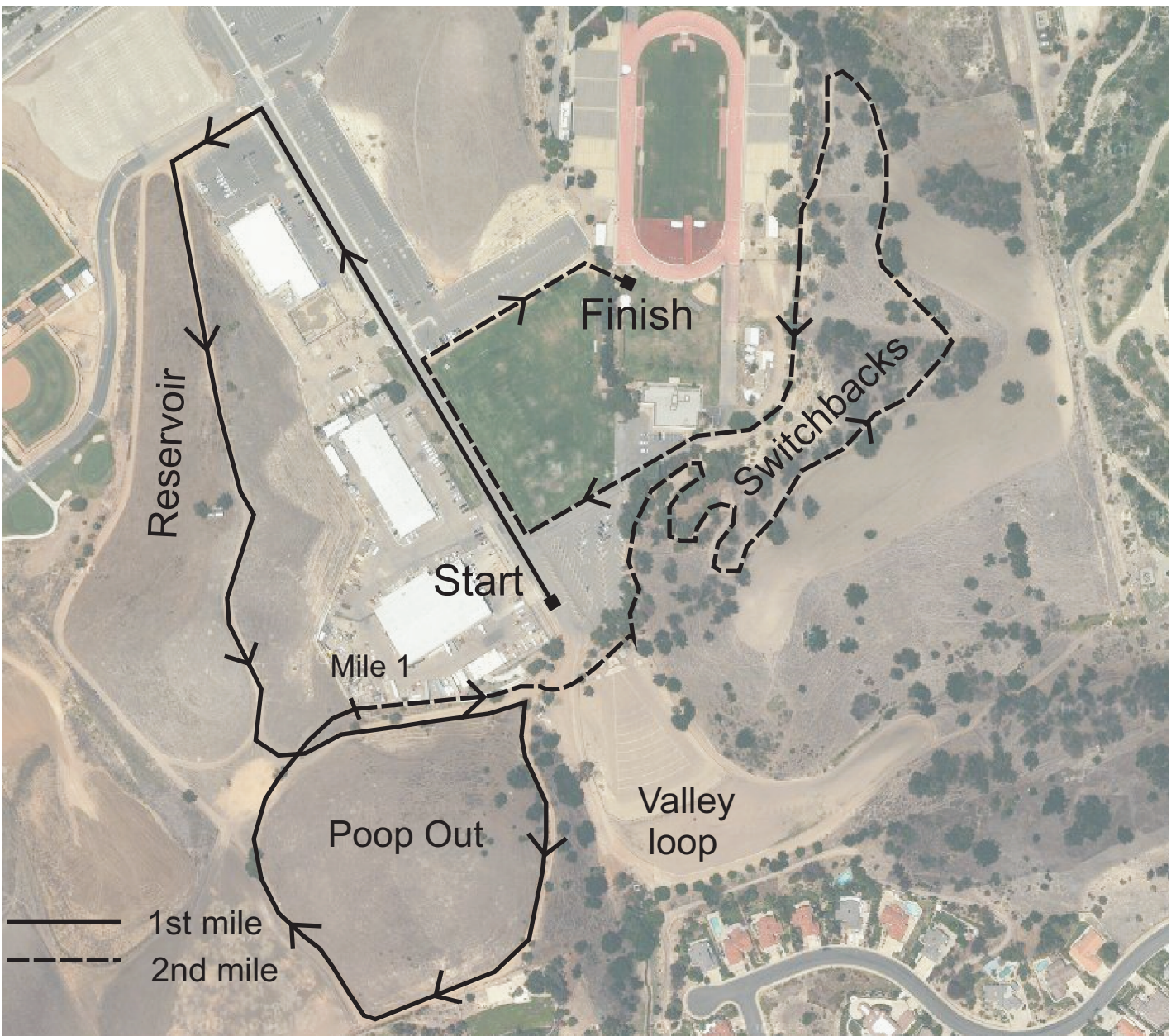
**Thanks, Greg**

# Free Spirit 2k



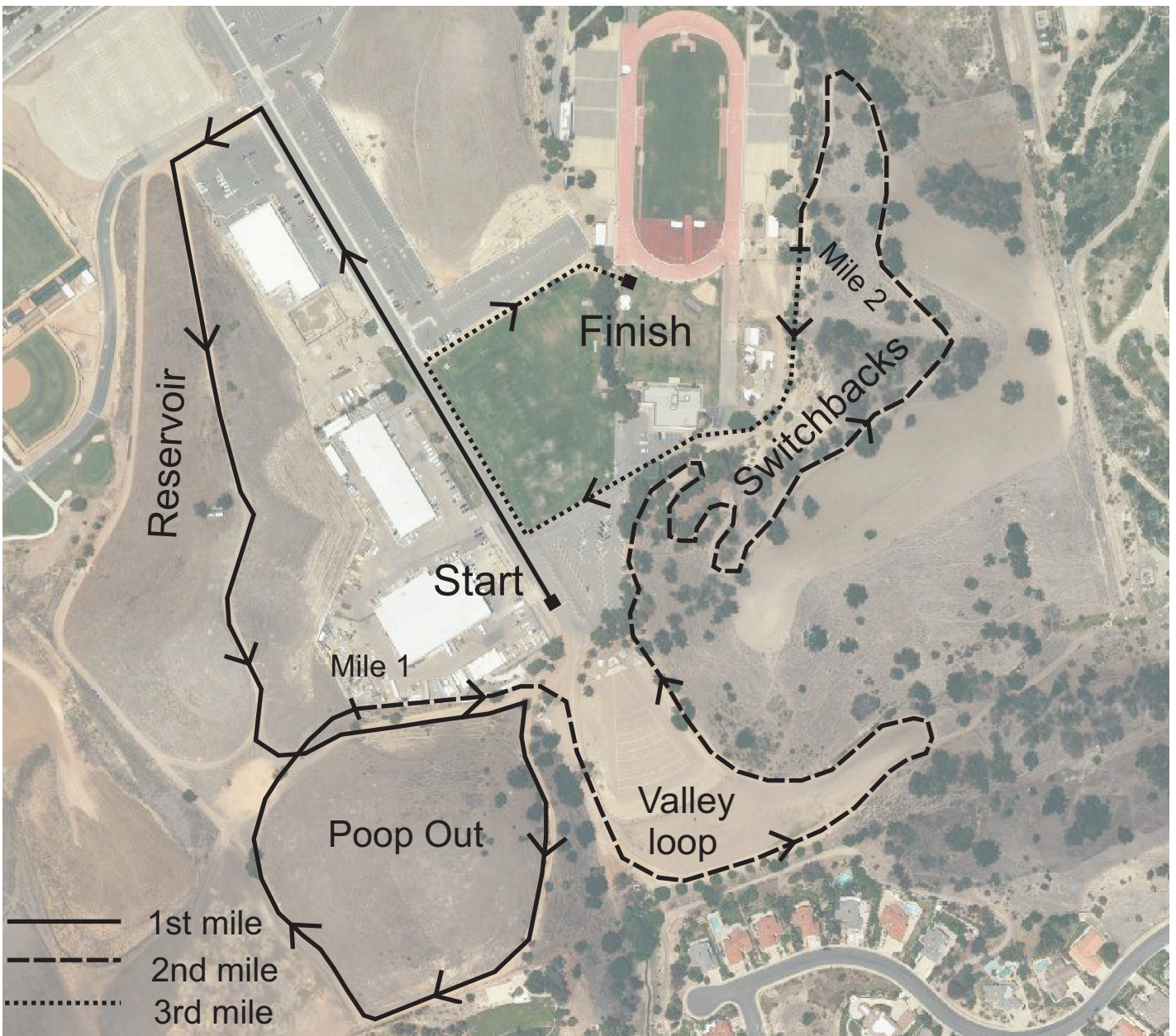


# Free Spirit 3k





# Free Spirit 4k





# Free Spirit 5k

