



County of Los Angeles  
 Department of Parks and Recreation  
 North County Community Services Agency  
**El Cariso Community Regional Park**  
 13100 Hubbard Street Sylmar, Ca 91342  
 (818) 367-5043



# LA County Cross-Country Invitational

Sponsored by Valley Youth Conference



At El Cariso Park on Saturday September 6, 2014

## **REGISTRATION:**

**\$5.00** per athlete  
 Begins: 7:00 am  
 Ends: 8:15 am

Come participate in L.A. County & Valley Youth Conference's first cross-country partnership meet. Registration will begin at 7:00 am and end at 8:15 am. Send pre-registration for an athlete or team to Alan Bingham at [alanbingham@runstorm.org](mailto:alanbingham@runstorm.org). For more information call (661) 775-6197, visit [www.vyc-xc.org](http://www.vyc-xc.org), or email Alan Bingham. Join in the fun and showcase your strength as an athlete.

## **DIVISON & DISTANCE:**

### **7:30am—5k Run Course**

High School / Adult / Open  
 (no walkthrough)

### **8:15am—2k & 3k Run Course**

Walk Through

### **8:45am—2000m (1.2 mi)**

8 & under boys/girls

### **8:45am—3000m (1.8 mi)**

14 & under boys/girls

## **AWARDS:**

Place ribbons: 1—8  
 Participant 9th-20th



### ADA NOTICE

Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks & Recreation has designated an ADA coordinator to carry out this department's compliance with the non-discriminatory provisions of the ADA. For more information you may contact the ADA Coordinator's Office. TEL 213-738-2970 TDD 213-427-6118 FAX 213-487-0380. Upon 3 day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio-record, video-captioning, live description) or any reasonable accommodations are available to the public for County-sponsored activities and events.