



*33<sup>rd</sup> Annual*

# **RUNNING** CENTER

**Southern California Cross Country Invitational  
Saturday, October 18<sup>th</sup>, 2014**

### Race Format:

We will be **combining Varsity #1, #2 & #3** in one race and we will keep the Varsity #4&#5, #6&#7 as we have had in the past. Individuals are still welcome to race and we will accommodate you.

### JV & Novice:

Division 1 and 2 JV and Novice runners will each have their own race. If a freshman is in your top 7 he or she is expected to run in a varsity race. If you have a **returning runner** they are expected to run in the **JV race** and not in the Novice race. Novice races are intended for runners who are new to XC or new to High School level XC.

### The Course:

**Boys and girls varsity along with the boys JV and Novice runners will compete on our 5k course.** The Girls JV and Novice runners will compete on our 2.75 mile (League Championship) course. San Diego is known for its great sunny climate but in previous years we have also experienced very wet and muddy conditions at this race. Please be prepared for anything ☺

**Thank you and we look forward to seeing you in October!**

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## 33rd Annual

# RUNNING CENTER

## Southern California Cross Country Invitational Saturday, October 18th, 2013

### REGISTRATION INFORMATION

**Cost:** \$35 per race entered for a team (5 or more athletes) and \$7 per individuals.

**Registration:** Check out our meet site on [www.athletic.net](http://www.athletic.net). You will need to have an account with athletic.net to enter your roster. Enter the appropriate number of athletes per race. **Deadline:** Sun. October 12<sup>th</sup>, 2014.

#### Races Available:

- Girls & Boys Varsity (#1-#3, #4&5, 6&#7)
- Girls & Boys JV (D1, D2)
- Girls & Boys Novice (D1, D2)

**Awards:** We will award medals to the top third in Varsity races and Top 20 will receive medals in JV/Novice races. Special prizes will be provided to top 3 finishers in each race as well. Team awards: Top 3 per team race per division.

#### **New:**

7:15 am \*\*\* Community5K: Open to all Coaches, Alumni & Community

7:45 am \*\*\* 1 Mile Kids Run (12 and under)

(Registration will be made available via the Running Center)

#### **Womens Races**

5,000 Meters Varsity (#1-3) Girls	8:30 AM
5,000 Meters Varsity (#4&5) Girls	9:05 AM
5,000 Meters Varsity (#6&7) Girls	9:40 AM
2.75 Miles Div. II Novice Girls	10:15 AM
2.75 Miles Div. I Novice Girls	10:55 AM
2.75 Miles Div. II JV Girls	11:35 AM
2.75 Miles Div. I JV Girls	12:15 PM

#### **Mens Races**

5,000 Meters Varsity (#1-3) Boys	8:50 AM
5,000 Meters Varsity (#4&5) Boys	9:25 AM
5,000 Meters Varsity (#6&7) Boys	10:00 AM
5,000 Meters Div. II Novice Boys	10:35 AM
5,000 Meters Div. I Novice Boys	11:15 AM
5,000 Meters Div. II JV Boys	11:55 AM
5,000 Meters Div. I JV Boys	12:35 PM

**Make checks payable to:** Vista Panther Cross Country Boosters

**Send entry fees to:** Vista High School, One Panther Way Vista, CA 92083

**Attention:** Sonia Rodriguez & Peter Brooks

**Questions-Concerns:** [srodrigu24@yahoo.com](mailto:srodrigu24@yahoo.com) - [Peterbrooks@vistausd.org](mailto:Peterbrooks@vistausd.org)