35th Annual –Running Center

Southern Cal XC Invitational

Saturday, October 8th 2016

Race Format:
We have 3 Varsity races per gender (D1& D2 race together but are separated for scoring purposes) Varsity race 1 will include your top 3 runners (#1, #2 & #3). Your Varsity #4 & #5 will race together and then your #6 & #7 will race together. We will accommodate individuals based on your team needs. Our scoring is based on Team Time.

JV & Novice:
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:
Our 5K Course has a great mix of flat, hilly and swift downhill terrain among the trails of Guajome Park. Runners will go over 1 challenging hill twice. **Please ensure your athletes are well hydrated!**

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

Sonia R. Flores
Srodrigu24@gmail.com
760-818-5776

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 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 2nd, 2016.

Races Available:

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

Awards: We will award medals to the top third in all races. Special prizes will be provided to the top 3 finishers in each race. Team Plaques: Top 3 per team race per division.

Coaches, Alumni, Community:
7:30 am *** Community5K: Open to all Coaches, Alumni & Community
8:00 am *** 1 Mile Kids Run (12 and under)
(Registration will be made available via Active.com) * **Coaches send me an email if you are interested in racing the 5K** ☺

Girls		**Boys**	
Varsity (#1-3):	8:30 AM	Varsity (#1-3):	8:50 AM
Varsity (#4&5):	9:05 AM	Varsity (#4&5):	9:25 AM
Varsity (#6&7):	9:40 AM	Varsity (#6&7):	10:00 AM
Novice Girls D1:	10:15 AM	Novice Boys D1:	10:45 AM
JV Girls D1:	11:05 AM	JV Boys D1:	11:30 AM
Novice Girls D2:	11:50 AM	Novice Boys D2:	12:20 PM
JV Girls D2:	12:40 PM	JV Boys D2:	1:05 PM

Please make checks payable to: ***Vista Cross Country Running Club***
Send entry fees to: *Vista High School, One Panther Way Vista, CA 92083*
Attention: *Sonia R. Flores*

Questions-Concerns: *srodrigu24@gmail.com*