



34th Annual



Southern California Cross Country Invitational
Saturday, October 10th, 2015

Race Format:

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

JV & Novice:

New: Please note the change in the schedule for JV/ Novice races. 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:

New: We will no longer have 2 separate courses. All athletes will now compete on the 5K 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 J

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

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

REGISTRATION INFORMATION

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

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 4th, 2015.

Races Available:

- Girls & Boys Varsity (#1-#3, #4&5, 6)
- 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.

Coaches, Alumni, Community:

7:30 am *** Community 5K: Open to all Coaches, Alumni & Community

8:00 am *** 1 Mile Kids Run (12 and under)

(Registration will be made available via Active.com)

Girls

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| Varsity (#1-3): | 8:30 AM |
| Varsity (#4&5): | 9:05 AM |
| Varsity (#6&7): | 9:40 AM |
| JV Girls DI : | 10:15 AM |
| Novice Girls DI: | 11:00 AM |
| JV Girls DII : | 11:50 AM |
| Novice Girls DII: | 12:40 PM |

Boys

| | |
|------------------|----------|
| Varsity (#1-3): | 8:50 AM |
| Varsity (#4&5): | 9:25 AM |
| Varsity (#6&7): | 10:00 AM |
| JV Boys DI: | 10:40 AM |
| Novice Boys DI: | 11:30 AM |
| JV Boys DII: | 12:20 PM |
| Novice Boys DII: | 1:10 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 Rodriguez

Questions-Concerns: srodigu24@gmail.com