

36th Annual-Running Center
Southern Cal XC Invitational
Saturday, October 7th 2017

***NEW:** Chip Timing! We are Excited to announce that we will be offering chip timing at this year's meet.

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: \$40 per race entered for a team (5 or more athletes) and \$10 per individuals when you don't field a team of 5 in a race. *Cost is up slightly due to chip timing – We will have receipts available on meet day.

Races Available:

- ☐ Girls & Boys Varsity (1-3, 4&5, 6&7) = \$80
 - ☐ Girls & Boys JV (D1, D2) = \$80
 - ☐ Girls & Boys Novice (D1, D2) = \$80
- Max: \$240 Full Team

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. September 24th 2017.**

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 *** 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) * Coaches send me an email if you are interested in racing the 5K



Womens Races

5,000 Meters Varsity Girls 1-3	8:30 AM
5,000 Meters Varsity Girls 4 & 5	9:05 AM
5,000 Meters Varsity Girls 6 & 7	9:40 AM
5,000 Meters Div. 1 Novice Girls	10:15 AM
5,000 Meters Div. 1 JV Girls	11:05 AM
5,000 Meters Div. 2 Novice Girls	11:50 AM
5,000 Meters Div. 2 JV Girls	12:40 PM



Mens Races

5,000 Meters Varsity Boys 1-3	8:50 AM
5,000 Meters Varsity Boys 4 & 5	9:25 AM
5,000 Meters Varsity Boys 6 & 7	10:00 AM
5,000 Meters Div.1 Novice Boys	10:45 AM
5,000 Meters Div 1. JV Boys	11:30 AM
5,000 Meters Div. 2 Novice Boys	12:20 PM
5,000 Meters Div. 2 JV Boys	1:05 PM

Please make checks payable to: **Mission Vista Timberwolves Foundation**

Send entry fees to: Mission Vista HS, 1306 Melrose Dr. Oceanside, CA 92056

Attention: Joe Crosswhite, Cross Country