

Friday – October 3rd - 2025

The Palos Verdes Invitational is unlike any other meet you will run. It features a 2-mile match race. One-on-one, mano-a-mano, combat on the cross country course. There are separate races for each varsity team member, which means your #7 runner races everyone else's #7 runner for all the glory. Scores from each race are used to add up a team's total score.

This is your chance to compete on the fabled Palos Verdes course. Many folks consider it to be the toughest course in the state. And if "Agony" hill wasn't hard enough, we throw in hay-bale hurdles and a creek crossing for good measure. You can be sure that only the toughest runners will emerge victorious.

During your track season, you don't always race the same distance over and over. So why should you during cross country? The 2-mile course is a great break from the standard distance and with a busy league and invitational schedule, the PV Invite is a welcomed change.

Friday afternoon race times mean no early morning bus rides and no SAT testing conflicts! Palos Verdes is on the coast, so no brutal inland heat either. Lastly, there are some great prizes to be won. Bobble-head trophies, flower leis, t-shirts, hats, and grapes are just a few of the awards for top honors in past years. And yes, the Taco Man will be grilling up the greatest victory prize of all.... a plate of tacos for the champion!

Entries/Registration:

Register online at www.athletic.net Entries are \$80 per race division if you field a full team of 7 or more runners. \$12 per individual if you have fewer than 7 runners in a division. Maximum entry = \$480. Please make checks payable to "Palos Verdes High School"

Divisions:

Boys Freshmen

Girls Freshmen

Boys JV

Girls JV

Boys Varsity

Girls Varsity

Scoring:

Team scoring will be determined by adding the top 5 best placings by a school's runners in the 7 varsity races. In the freshmen and junior varsity races, it will be the best placing from each of the 4 races. A team must have runners entered in every race in the JV or FS division for them to be eligible for team awards. Team awards will be given to the top 3 teams in each division and the top 10 individuals in every race.

2025 Race Schedule:

11:00am – Freshman Open

11:20am – Freshman #6/#7

11:40am – Freshman #4/#5

12:00pm – Freshman #2/#3

12:20pm – Freshman #1

12:40pm – JV Open

1:10pm – JV #6/#7

1:30pm – JV #4/#5

1:50pm – JV #2/#3

2:10pm – JV #1

2:30pm – Varsity #7

2:50pm – Varsity #6

3:10pm – Varsity #5

3:30pm – Varsity #4

3:50pm – Varsity #3

4:10pm – Varsity #2

4:30pm – Varsity #1

4:50pm – Community Open Race

