

Free Spirit Cross Country Invitational 2009

SANCTIONED BY: Southern California Association / U.S.A. TRACK & FIELD

DATE/ TIME: Sunday, October 18th 2009 at 9:15 a.m.

Course walks at 8: 15a.m.

LOCATION: Mt San Antonio College, 1100 N Grand Ave Walnut, CA

COURSE: Challenging course over asphalt and dirt trails with flat and some rolling hills combinations, plus switch backs and tough hills.

DIVISION

Sub-Bantams Girls / Boys (2001 & later) 2000 meters *

Bantam Girls/Bantam Boys (2000-1999) 3000 meters *

Midget Girls/ Midget Boys (1998-1997) 3000 meters *

Youth Girls/ Youth Boys (1996-1995) 4000 meters *

Intermediates Girls Boys (1994-1993) 5000 meters *

Young Women & Men (1992-1991) 5000 meters *

Open (Combined) (19yrs-Older) 4000meter or 5000 meters your choice... \$ 10.00 per event

ENTRY FEES: Three Dollars (\$3.00) for all youth athletes.

LATE REGISTRATION: Registrations will open up at 7:45 a.m.
and terminate at 9:30 a.m.

AWARDS: Medals will be given to **1st thru 8th place**; Participant ribbons will be given to all that didn't get medals. Track pins and ribbons will be given them to 25th place and ribbons to the rest in that race.

DIRECTIONS:

Mt. SAC is located between the Pomona and San Bernardino Fwys. And west of the Orange Fwy (57)

FROM the 15

I-15 N toward **RIVERSIDE** take **CA-91 W** toward **BEACH CITIES**. take **CA-71 N** toward **ONTARIO/POMONA**. take **CA-60 W** via **EXIT 12B** toward **LOS ANGELES** Take the **GRAND AVE** exit, **EXIT 24B**, toward **DIAMOND BAR**. Turn **RIGHT** onto **N GRAND AVE**. turn right on **W. TEMPLE AVE** go to second light turn right into **PARKING LOT**

FROM the 78

CA 78 to **I-5** toward **LOS ANGELES** to the **57** towards **POMONA** exit **GRAND AVE** turn left on **GRAND** turn right on **W. TEMPLE AVE** go to second light turn right into **PARKING LOT**