

4th Annual South Orange County Wildcats



Cross Country Invitational
Sunday October 11, 2009
Hidden Valley Park, Irvine CA

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

Start Time: Course Walk – 8:15am, First Race – 9:00am

Site: The Course is located on the grounds of Hidden Valley Park: 8800 Irvine Center Drive, Irvine, CA 92618

Directions:

From I-5, exit Bake Parkway, turn west two blocks to Irvine Center Drive, turn north, one block to Lion Country Rd, turn left into park.

Parking: Follow signs to Wildcat Invitational Parking

Divisions:

Sub Bantam:	2001 and later	2000m	(9:00am) (Combined Boys & Girls)
Bantam:	1999 – 2000	3000m	
Midget:	1997 – 1998	3000m	
Youth:	1995 – 1996	4000m	
Intermediate:	1993 – 1994	5000m	
Young Men/Women	1991 – 1992	5000m	

Course: The course is a generally flat, running on dirt, grass, and pavement with one short hill.

Awards: Custom trophies to the first three (3) finishers. Medals (4th – 10th place) Ribbons for all finishers. Team trophies will be awarded to the first place team in each division. A Team will consist of at least 3 athletes and a maximum of 5 runners per team to be eligible for team awards.

Entry Fee: \$3.00 per individual entry and \$10.00/team

Snack Bar: Fruits, muffins, Bagels, coffee, juices, water, sodas, sports drinks, donuts