

Free Spirit Cross Country Invitational

Welcomes you back

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

DATE/ TIME: Sunday, October 9th 2005 at 9:15 a.m.
Course walks at 8: 30 a.m.

LOCATION: Mt. SAC Cross Country Course, Walnut, California.

DIRECTIONS: Mt. SAC is between the Pomona and San Bernardino Fwys. and west of the Orange Fwy (57) From Inland Empire area take San Bernardino Fwy. go west to the (57) Fwy, go south 1 mile to Temple Ave. and turn Rt and go west approximately 2 miles and turn Lt at Bonita right pass stadium. From the LA area go east on Pomona Fwy (60) go east to Grand and turn Lt then go about 2 miles to Temple and turn Rt and then turn Rt at Bonita. From the LA area go east on the San Bernardino Fwy (10) to Grand exit and turn Rt then go 3 miles to Temple and turn Lt. then go to Bonita and turn Rt. From the 210 Fwy go east to Orange Fwy. (57) south and get off at Temple Ave. and go west approximately 2 miles and turn left at signal right pass stadium.
There will be closer parking this year because they added some more parking. However there may be a possibility that they might charge \$ 2.00. So turn into the **South** Bonita parking lot and if there is an attendant there he may just be there to direct you and he might be there to charge for parking. **Bonita and Temple.**

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

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

DIVISION & DISTANCE:	Sub-Bantams - Combined	(1997 & under)*****	2000 meters
	Bantam Girls/Bantam Boys	(1995-96)	***** 3000 meters
	Midget Girls/ Midget Boys	(1993-94)	***** 3000 meters
	Youth Girls/ Youth Boys	(1991-92)	***** 4000 meters
	Intermediates Girls Boys	(1989-90)	***** 5000 meters
	& Young Women & Men +	(1987-88)	***** 5000 meters
	Open (Combined)	(1986 under)	***** 5000 meters

ENTRY FEES: Three Dollars (\$3.00) for all athletes. **Open athlete \$ 10.00**
TEAM AWARDS will be based on team entries. At least three teams must enter in order for teams awards to be given. If insufficient teams enter, monies will be returned. A team consist of a minimum three (3) runners and maximum (5) runners per team. Team trophies will be awarded at the following meet. Team entries are \$ 10.00.

AWARDS: Medals will be given to 1st thru 8th place, ribbons with track pins will be given to all others.

MAIL ENTRIES TO: **DENISE SMOTHERMAN**
165 Dommer Ave
WALNUT, CA. 91789
(909) 595-0103 FAX # (909) 595-8446
the 1st number has the answer machine on it

ENTRY DEADLINE: All entries must be received no later than October 6, 2005. Early registration helps to ease the long lines at the registration table. You may fax a team list as long as sex and division is included. Late registration will be accepted. Please don't use your own stickers. I will notice them and I will bill you later. **No exceptions**

HOTELS / MOTELS

Hotels and Motels closest to Mt. Sac are located north of college on the 10 freeway, no more than 3 miles from meet. There are several hotel/motels in that same vicinity. Restaurants and Major shopping center are within a 5 mile radius. If more information is needed please don't hesitate to call.

SNACK BAR Fruits, muffins, coffee, juices, water, sodas, sports drinks, donuts and hot dogs will be available