



# City Heights Runners YOUTH CROSS COUNTRY MEET



**\*\* SUNDAY, October 15<sup>th</sup> 2017 \*\***

**MEET DIRECTOR:** Tlaloc Venancio (831) 334-8472

### MEET LOCATION:

**Chollas Lake Park**, 5850 College Grove Dr, San Diego, CA 92115  
Races will start in the South Park of the reservoir

### WEBSITE

[WWW.CITYHEIGHTSRUNNERS.ORG](http://WWW.CITYHEIGHTSRUNNERS.ORG)

### COURSE Maps

In the website. They will also be drawn on a big poster the day of the meet.

### START TIMES:

BOYS 8 – Under 2K Run	<b>8:00 A.M.</b>
GIRLS 8 – Under 2K Run	<b>8:30 A.M.</b>
BOYS 9 – 10– 3k Run	<b>9:00 A.M.</b>
GIRLS 9 – 10– 3k Run	<b>9:30 A.M.</b>
BOYS 11 – 12 – 3k Run	<b>10:30 A.M.</b>
GIRLS 11 – 12– 3k Run	<b>11:00 A.M.</b>
BOYS 13-14- 4K Run	<b>11:30 A.M.</b>
BOYS 15-16- 4K Run	<b>COMBINED RACES</b>
BOYS 17-18 - 4K Run	
GIRLS 13-14 - 4K Run	<b>12:00 A.M.</b>
GIRLS 15-16 - 4K Run	<b>COMBINED RACES</b>
GIRLS 17-18 - 4K Run	

### ENTRY FEES: \$5.00 per athlete

Must be paid in cash, certified funds, or check. Make team checks /money orders payable to “UrbanLife Ministries, Inc.” with “City Heights Runners” in the memo.

**Day of Meet Registration will open at 6:30 am**  
**Course Walk-through at 7:15 A.M.**

### Pre- REGISTRATION:

Please send in entries by no later than **October 13th, 2017 at 5 pm.**

e-mail [tlalocvenancio@yahoo.com](mailto:tlalocvenancio@yahoo.com)

**Please note that early registration helps run a smoother and faster meet.**

### AWARDS:

Participant ribbons to all

**\*\*\* There will be a Concessions Stand for Refreshments and Food \*\***  
**\*\*Member of the USATF SD-Imperial Association Youth XC Series.**



For race series information, please contact Event Director **Paul Greer (858) 573-1500** or visit [www.sdusatf.org](http://www.sdusatf.org) or [facebook.com/SanDiegoUSATFYouthXC](https://facebook.com/SanDiegoUSATFYouthXC)