



# NorCal Striders



## YOUTH Cross Country Meet

Sunday, October 9, 2022

**At West Valley High School**

3805 Happy Valley Rd.

Cottonwood (Redding area), California 96022

### USATF Sanctioned Cross Country Meet

Registration will be at the West Valley High School track in front of the grand stands. **Same day only** registration from 8:00 a.m. – 9:00 a.m.

Course Walk – 9:00 a.m.

First Race – 10 a.m./ Races will be on a rolling start schedule.

<u>Age Division</u>	<u>Distance</u>	<u>Year of Birth</u>
8 & Under	2K (1.25 miles)	2014+
9 – 10	3K (1.87 miles)	2012 – 2013
11 – 12	3K (1.87 miles)	2010 – 2011
13 – 14	4K (2.50 miles)	2008 – 2009
15 – 16	4K (2.50 miles)	2006 – 2007
17 - 18	4K (2.50 miles)	2004 – 2005

\*\* Age groups 15-16 & 17-18 will race together. \*\*

Awards to the Top Five Finishers in each age division for boys & girls.

Entry Fee: \$9.00 (cash or money order – no personal checks)

Race info. contact Ken Hunter: Cell # 530-710-4262 or email: [norcalstriders@outlook.com](mailto:norcalstriders@outlook.com)