

# *RANCHO CORDOVA TRACK CLUB*

ADDRESS:

2100 Zinfandel Dr, Rancho Cordova,  
CA 95670

Sunday, November 6, 2022

Clubs: please register on

RCTC XC - USATF GrandPrix - Meet Info -  
Cross Country Meet (athletic.net)

Entry Fee: \$8

Fees will be collected on Athletic.net when you register  
and we will accommodate meet-day registration.

Registration and packet pickup beginning at 8AM

Parking: Free at Mitchell Middle School, Williamson Elementary  
School and adjacent neighborhoods. Please be considerate of our  
neighbors

Meet Director:

Josh Gruver: [josh@rctrack.org](mailto:josh@rctrack.org)

Age Division Distance Year of Birth

2014+ is 8 and under

2012-2013 is a 9-10

2010-2011 is 11-12

2008-2009 is 13-14

2006-2007 is 15-16

2004-2005 is 17-18

### 5K Course

<https://www.mapmyrun.com/routes/view/5222972332>

### 4K Course

Only race that finishes in the opposite direction.

<https://www.mapmyrun.com/routes/view/5222950639>

### 3K Course

<https://www.mapmyrun.com/routes/view/5221550407>

### 1K Course

<https://www.mapmyrun.com/routes/view/5221483147>

# SCHEDULE:

9:00AM - Course Walks

10:00AM - Group 1 Girls 2K

10:15 AM - Group 1 Boys 2K

10:30 AM - Group 2 Girls 3K

11:00 AM - Group 2 Boys 3K

11:25 AM - Group 3 Girls 3K

11:45 AM - Group 3 Boys 3K

12:05 AM - Group 4 Girls 4K

12:25 AM - Group 4 Boys 4K

12:50 PM - Group 5 Girls 5K

1:15 PM - Group 5 Boys 5K

1:40 PM - Group 6 Girls 5K

2:10 PM - Group 6 Boys 5K

**Awards will be at the Registration Table after results are populated by the timer.**

**Races will be combined when possible.**

Josh Gruver

Executive Director

Rancho Cordova Track Club [RCTrack.org](http://RCTrack.org), GO RCTC