

LA JETS XC INVITATIONAL



DATE: October 30, 2022

SITE: Heartwell Park
5801 E. Parkcrest St

Long Beach, CA 90808

SCHEDULE TIMES:

7:00 – Packet Pick up and late registration opens

8:00 – Coaches Meeting

8:15 – Course Walk

8:30 – Late registration closes

9:00 – First race starts 8U

HOST: The LA Jets Cross Country Invitational meet. We look forward to seeing everyone and know this will be another great competition.

CONTACT: Dawna Watson (310) 908-6935 / dawna.watson@outlook.com

AGE DIVISION and RACE DIVISION:

8 and Under (2014 - 2016) 2K	13 – 14 (2008 - 2009) 4K
9 – 10 (2012 - 2013) 3K	15 - 18 and Open / Masters 5K (2004 and earlier)
11 – 12 (2010 - 2011) 3K	

PRE-REGISTRATION:

- Pre-register by Wednesday 10/26/2022 (11:59pm)
- Register on Athletic.net

ENTRY FEE: Seven dollars (\$7.00) and must be paid in cash, money order, or club check. Payable to Los Angeles Jets Track Club. Registration fees are non-refundable.

ESTIMATED RACE SCHEDULE: Open/Masters (15 yrs old and up) will start at 8am. Youth races will begin with 8 & Under Girls at 9am and are on a rolling schedule. The full race schedule is as follows:

Race 1: 15 - 18 & Open / Masters

Race 2: Girls 8U

Race 3: Boys 8U

Race 4: Girls 9-10

Race 5: Boys 9-10

Race 6: Girls 11-12

Race 7: Boys 11-12

Race 8: Girls 13-14

Race 9: Boys 13-14

MEET RESULTS: Events will be posted at the meet within a 30 minute window after competition of each event. Final meet results will be posted at athletic.net.

CHECK-IN: All participants must check-in at the start line. Please observe the flow of the meet and have your athlete(s) on the line at the appropriate time.

INDIVIDUAL AWARDS: Participants finishing 1st - 5th will receive medals. 6th place thru 10th will receive ribbons.

TEAM AWARDS: 1st and 2nd trophies will be awarded to the overall boys and girls teams (youth only) with the most points.

PARKING: Neighborhood parking and along the streets of the park.



Meet is sanctioned by USATF.org

Meet will be held rain or shine