

SCVAA RUNNING WARRIORS CROSS COUNTRY

Fall 2010

(Boys & Girls 6-17 / born in years 1992-2004)

Southern California Youth Track & Field Conference

REGISTRATION

On-Line <http://trackeast.scvaa.com>

Thursdays - College of the Canyons Summer Cross Country Series
At the Track, 7pm. (beginning July 8, 2010)

First Day of Practice
Monday, August 9, 2010 Canyon High School at 6pm.

We also will have **sign-ups** and **practice** on the same day and during the first few practices.
Practices start at 6:00 PM on Monday, Tuesday, Thursday and Saturday at 8:30 AM.

- PARENT HELPERS/VOLUNTEERS ARE NEEDED
- COME AND RUN OR HELP IN SOME OTHER WAY!

Practice locations: Canyon Country/Saugus
Practices will begin Monday, August 9th.

COST \$130.00 – includes uniform, regular season entry fees, trophies, and team banquet.
Family discounts are available.

A copy of the birth certificate is required (bring at sign-ups).

(Ribbons provided for each SCYTFC race; children will compete with others of same age group.)

REGULAR SEASON: July 31– October 30, 2010

Practices are Monday, Tuesday, Thursday (and Saturday until meets start)

POST SEASON: October 31 – early December 2010 (optional; additional fees may apply)

Website: <http://trackeast.scvaa.com>
Check it for updates, online signups, calendar, etc.