



Flo-Jo International



# Cross Country Meet

**Sunday, September 23, 2018, 8:30 A.M.**

**Meet Director:** Elizabeth Tate 619-665-7925

**Meet Manager:** Merlyn Diaz: 619-277-9774

**E-mail:** flojo99@cox.net

**Meet Location:** Chollas Lake 6350 College Grove Dr., San Diego, CA 92115

**COURSE WALK:** 7:30 A.M. The course is spectator friendly, fast, with a flat loop and one hill.  
(Spikes are not recommended)

**Entry Fee:** \$7.00, please pay the day of the event, with cash, money order or club check.  
Please make checks payable to: **Flo-Jo International**

**Awards:** Medals to the top 8 finishers in each age group and ribbons to all

**Age Divisions:**

8 - Under (born 2010 and later) – 2k run 1.20 miles (Boys & Girls might be combined)  
9 & 10 (born 2008-2009) – 3k run (1.8 miles) 11 & 12 (born 2006-2007) – 3k run (1.8 miles)  
13 & 14 (born 2004-2005) – 4k run (2.4 miles) 15 & 16 (born 2002-2003) – 4k run (2.4 miles)

**Registration:** Online at [www.athletic.net](http://www.athletic.net)

Online registration will close 7:00 a.m. Friday, September 21, 2018

*Day of meet registration will open at 7:00a.m.*