



Flo-Jo International



Cross Country Meet

Sunday, September 22, 2019, 8:00 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

COURSE WALK: 7:00 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 2011 and later) – 2k run 1.20 miles (Boys & Girls might be combined)

9 & 10 (born 2009-2010) – 3k run (1.8 miles)

11 & 12 (born 2007-2008) – 3k run (1.8 miles)

13 & 14 (born 2005-2006) – 4k run (2.4 miles)

15 & 16 (born 2003-2004) – 4k run (2.4 miles)

Registration: Online at www.athletic.net

Online registration will close 7:00 a.m. Friday, September 20, 2019

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