

Firebird CC Invitational

The return of the once annual Firebird, as an early season cross country opener.

When: Thursday, September 3rd 2015

Why: To return to tradition, and allow area coaches an easy, close, flat competition to gage the shape of the veterans and see the ability of their incoming freshmen

Schedule:

F/S Boys	3:30 (unlimited, but only 7 count)
F/S Girls	3:55 (unlimited, but only 7 count)
Varsity Boys-A	4:15 (enter up to 10, but only 7 count)
Varsity Girls-A	4:40 (enter up to 10, but only 7 count)
Varsity Girls-B	5:05 (unlimited, but only 7 count)
Varsity Boys-B	5:35 (unlimited, but only 7 count)

Note: Must enter Varsity #A team before entering Varsity #B team or a Frosh Soph team.
Awards: 20 medals per race

Cost: \$35 per Division entered or \$125 per school.
Make check payable to Fremont HS Cross Country.

Schools Invited: SCVAL High Schools, at large entrance accepted for any other CCS schools.

Course: This is a flat and fast 2.05 mile course through and around the Fremont High athletic fields of off Sunnyvale, Saratoga in Sunnyvale. The races will start and finish on the track.

Results: Available race day (with your help, of course) and will be available on the web the next day.

PLEASE ENTER YOUR TEAM and YOUR ROSTER THROUGH ATHLETIC.NET at least 3 days before the meet. This is the only way to enter this meet

Information: Email Mark Shields Sylvmarks@yahoo.com with your email if interested. You can also go to: <http://www.LYNBOOKSPORTS.com> for more information.

Sanctioned: This meet is sanctioned by the CCS.