

Firebird CC Invitational

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

When: Tuesday, September 6th 2022

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

Action item: Please contact Alejandra Flores f.alejandra48@yahoo.com to confirm attendance for the meet by 3:30pm on August 28, 2022

Schedule:

F/S Boys

Varsity Boys-A

Varsity Girls-A

Varsity Girls-B

Varsity Boys-B

3:30 (unlimited, but only 7 count)

3:55 (enter up to 10, but only 7 count)

4:15 (enter up to 10, but only 7 count)

4:40 (unlimited, but only 7 count)

5:05 (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 division

Cost: \$40 per Division entered or \$130 per school.

Make check payable to Fremont HS Cross Country.

Schools Invited: SCVAL High 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: a link on live results will be on meet day

You MUST turn in your roster on athletic.net three days before the meet.

You can also go to: <http://www.LYNBOOKSPORTS.com> for more information.

Sanctioned: This meet is sanctioned by the CCS.

Information: Email Alejandra Flores, f.alejandra48@yahoo.com and Adam Miranda, adammiranda@rocketmail.com with your email if interested.