

Firebird CC Invitational

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

When: Thursday, September 7th 2023

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

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 off of Sunnyvale, Saratoga in Sunnyvale. The races will start and finish on the track.

Results: a link on live results will be on meet day

Information: Email Alejandra Flores, alejandra.xc26@gmail.com and Adam Miranda, coachmiranda17@gmail.com with your email if interested.

2015 Firebird Cross Country Course

-  First lap (includes 2 laps of the track)
-  Second lap



Course Description

- ① Start at the back of the track.
- ② Do 1 lap of the track.
- ③ Do most of a 2nd lap, exiting just past the visitors' stands.
- ④ Proceed to the path that borders the Soccer pitch, baseball field, and softball fields.
- ⑤ Keep running around the fields keeping the stands to your left.
- ⑥ Enter the soccer pitch and run as directed to enter the track.
- ⑦ Begin the 2nd lap, running around the track and once again exiting just past the visitors' stands and onto the path.
- ⑧ Take a left on the soccer pitch and run around the field as directed.
- ⑨ Exit the soccer pitch and enter the base ball field and run around the field as directed.
- ⑩ Rejoin the path and run the same way as the 1st lap and finish at the track finish line.