

Firebird XC Invitational

Welcome to the 4th Edition Firebird Cross Country Invitational! This meet is the perfect early-season opportunity for teams to gauge their veterans' fitness and introduce freshmen to competition on a fast, flat course. This meet is only open to SCVAL TEAMS.

Date & Location

- **When:** Tuesday, September 9th, 2025
- **Where:** Fremont High School, 575 W Fremont Ave, Sunnyvale, CA 94087
- **Course Details** This is a **flat and fast 2.05-mile course** that winds through and around the athletic fields. All races will both start and finish on the track, making it easy for spectators to cheer on their athletes.

Race Schedule

- **3:30 PM** - Frosh/Soph Boys (Unlimited entries)
- **3:55 PM** - Varsity Boys A (Up to 10 entries)
- **4:15 PM** - Varsity Girls A (Up to 10 entries)
- **4:40 PM** - Varsity Girls B (Unlimited entries)
- **5:05 PM** - Varsity Boys B (Unlimited entries)

Note: For each race, only the top 7 runners will count toward the team score. A Varsity A team must be entered before a Varsity B or Frosh/Soph team.

Registration & Cost

- **Cost:** \$60 per division or a maximum of \$160 per school.
 - Please make checks payable to **Fremont HS Cross Country**.
- **Registration:** Must be completed on [Athletic.net](https://athletic.net). DEADLINE SEPTEMBER 5TH 2025

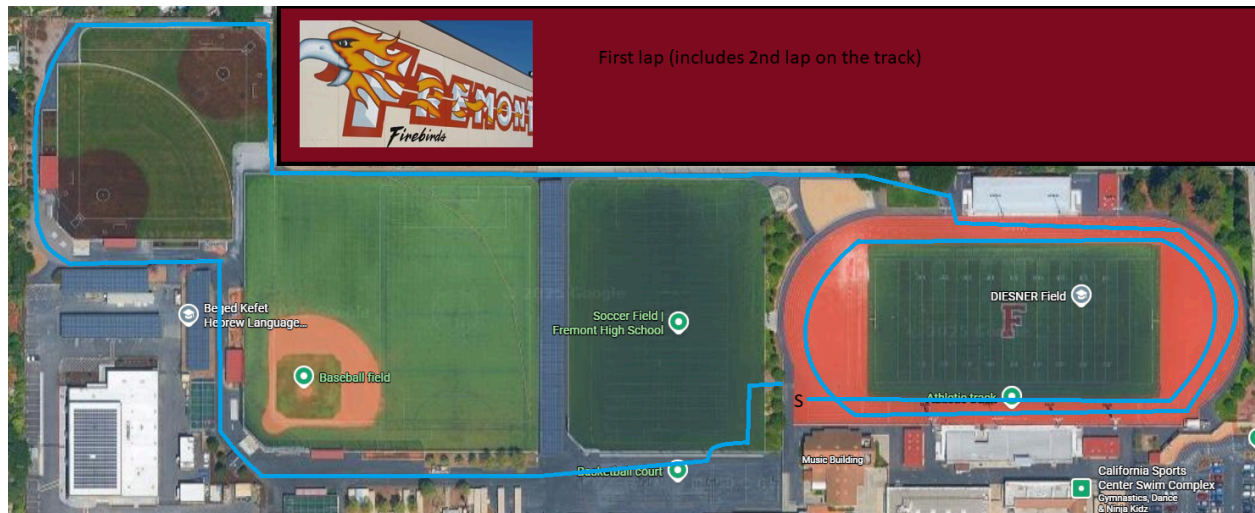
Results

- **Live Results:** A link for live results will be posted on meet day.

Emails

- Coach Flores: alejandra.xc26@gmail.com
- Coach Miranda: coachmiranda17@gmail.com

Invite only: Only SCVAL schools may participate in this meet. We look forward to seeing you there!



Course Directions: 2.05 Miles

- Start at the back of the track. (20/30 meters behind the 100m start line)
- Run one full lap around the track.
- Begin a second lap, but exit the track just past the visitors' stands.
- Proceed onto the path that borders the soccer and baseball fields.
- Run around the fields, keeping the stands to your left.
- Enter the soccer pitch and follow the path to return to the track.
- Begin a third lap on the track, exiting once more past the visitors' stands.
- Take a left onto the soccer pitch and run around the field.
- Exit the soccer pitch to enter the baseball field, running around it as directed.
- Rejoin the main path and finish on the track at the finish line.