

## **Ambler Olympic Club XC Invitational**

Sunday, October 9<sup>th</sup>, 2022 Gwynedd Mercy Academy [1345 Sumneytown Pike, Lower Gwynedd Township, PA 19002]

• Schedule (to be confirmed):

8:30 am Course Walks- Meet at starting line.
9:00 am Coaches Meeting at starting line.
9:30 am 8U 2K - Boys and Girls combined (scored separately)
10:00 am 9-10 3K - Boys and Girls combined (scored separately)
10:30 am 11-12 3K - Boys and Girls combined (scored separately)
11:00 am 13-14 4K - Boys and Girls combined (scored separately)
11:45 pm Awards Ceremony at Track.

- FAT timing / Live results
- Course: We have a wonderful new course this year. We are using much of last years course but we have eliminated the road crossings and added some groomed trails in the woods on the GMA property which make this a truly beautiful course. The courses are very spike friendly. For the 3K and 4K course there is a creak crossing. This is a very small creek, maybe ankle depth with the additional rain. The 2K course does not include the creek section.
- Awards: Medals to top 8 individual finishers in each age/gender group; winning team awards
- Teams: 5-7 runners (5 score + 2 displace), for 8 and under (3 score + 2 displace)
- Registration deadline: October 7th
- Facility and parking map (see next page)

Participating teams: Ambler Track Club, Eleanor Roosevelt Elementary, Southern Tier SOAR, South Jersey TF Club, Seashore Striders, Nittany Track and Field, Wirlwinds Track Club.

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