



2014 SOUTHERN CALIFORNIA USATF GRAND PRIX
VANGUARD INVITATIONAL
At Fairview Park, Costa Mesa

Saturday, October 11, 2014

SCHEDULE OF EVENTS: *Vanguard Invitational course is 80% dirt trails, 15% asphalt bike path, 5% grass and mostly flat with some rolling hills and one steep hill (run twice in the 8k).*

9:00 a.m. **Women's 5k Invitational Race**

9:45 a.m. **Men's 8K Invitational Race**

ENTRY FEES & USATF MEMBERSHIP:	<ul style="list-style-type: none">▪ Pre-Meet Individual Entry Fee: \$25.00▪ Pre-Meet Team Entry Fee (USATF Clubs only): \$100.00 per gender (unlimited entries) <p>Entry fees should be made payable to "Vanguard Cross Country" and should be paid before the race on race day.</p> <p>All competitors, to qualify for Grand Prix points must be, at the time of the event, 2014 members of USA Track & Field. Athletes can register on-line at www.scausatf.org or purchase a USATF membership at the meet for the annual fee of \$30.00.</p>
ENTRY PROCEDURE:	Pre-meet entry deadline is Monday, October 6, 2014 Register on-line at www.directathletics.com . NOTE: THERE IS NO RACE DAY REGISTRATION FOR THIS EVENT.
DIRECTIONS, AWARDS, AND INFORMATION:	DIRECTIONS TO FAIRVIEW PARK: FROM 405 (San Diego Freeway): Exit Harbor Blvd. Go West on Harbor Blvd. Turn right on Adams, left on Placentia, right at Fairview Park. FROM 55 (Costa Mesa Freeway): Take 405 North (and follow directions above). Awards to Top 15 in each race. Top Team in each race receives a plaque.

Race #4 in the
SOUTHERN CALIFORNIA USATF
2014 CROSS COUNTRY GRAND PRIX

\$4,000 in Grand Prix Prize Money*

* Prize Money will be paid three deep to Men's and Women's Open, Masters (40-49) and Masters (50+). Points will be awarded in Open, 40-49 and 50+ for places 1-25 in each of the six preliminary races, with the Championship being worth double (25 points for 1st through 1 point for 25th in races #1-#6 and 50 points for 1st through 2 points for 25th in the Championship). Athletes count their best two results from races #1-#6 along with the Championship result to determine their place in the grand prix. Ties are broken by the higher place in the Championship. Athletes must be current USATF members at the time of each race in order for that race to count toward the grand prix.

For details regarding the grand prix prize money payout, for further individual and team grand prix rules and for entry information for specific races, please visit www.scausatf.org or contact the SCA/USATF Open Cross-Country Committee Chair, Mike Mahurin, at (310) 384-6974 or at edvird@yahoo.com.