



# Ambler Olympic Club XC Invitational

Sunday, October 24<sup>th</sup>, 2021

Gwynedd Mercy Academy

[1345 Sumneytown Pike, Lower Gwynedd Township, PA 19002]

- Schedule:

9:00 am Course Walks- Meet at starting line.

9:30 am Coaches Meeting at starting line.

10:00 am 8U 2K - Boys and Girls combined (scored separately)

10:30 am 9-10 3K - Boys and Girls combined (scored separately)

11:00 am 11-12 3K - Boys and Girls combined (scored separately)

11:30 am 13-14 4K - Boys and Girls combined (scored separately)

12:15 pm Awards Ceremony at Track.

- FAT timing / Live results
- Course: [MAPS](#)
- 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 19<sup>th</sup>
- Facility and parking map (see next page)

Participating teams: Ambler Track Club, PA United, Eleanor Roosevelt Elementary, South Jersey TF Club, Nittany Track and Field

Contact: Mike Gross, AOC-XC, runner10k31@gmail.com

