



Ambler Olympic Club XC Invitational

Sunday, October 9th, 2022

Gwynedd Mercy Academy

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

- Schedule (to be confirmed):

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: We have a wonderful new course this year. We are using much of last years course but we have eliminated the areas on the road and added some groomed trails in the woods on the GMA property which make this a truly beautiful course.
- 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 1st
- Facility and parking map (see next page)

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

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

