



600 Cloyden Road, Palos Verdes Estates, CA 90274 p. 310.378.8471 f. 310.378.0311

Friday – October 1st – 2021

The Palos Verdes Invitational is unlike any other meet you will run! It features a 2-mile match race. One-on-one, mano-a-mano, combat on the cross country course. There are separate races for each varsity team member, which means your #7 runner races everyone else's #7 runner for all the glory. Scores from each race are used to add up a team's total score.

This is your chance to compete on the fabled Palos Verdes Cross Country Course. Many folks consider it to be the toughest course in the state. And if "Agony" hill wasn't hard enough, we throw in hay-bale hurdles and a creek crossing for good measure. You can be sure that only the toughest runners will emerge victorious.

During your track season, you don't always race the same distance over and over. So why should you during cross country? The 2-mile course is a great break from the standard race distance and with a busy league and invitational schedule, the PV Invite is a welcomed change.

Friday afternoon race times mean no early morning bus rides and no SAT testing conflicts! Palos Verdes is on the coast, so no brutal inland heat either. Lastly, there are some great prizes and, yes, the Taco Man will be grilling up the greatest victory prize of all... a plate of tacos for the individual champion!

Entries/Registration

Register online at www.athletic.net Entries are \$60 per race division if you field a full team of 7 or more runners. \$10 per individual if you have fewer than 7 runners in a division. Maximum entry = \$360. Please make checks payable to "Palos Verdes High School"

Divisions:

Boys Freshmen
Girls Freshmen
Boys JV
Girls JV
Boys Varsity
Girls Varsity

Scoring/Awards:

Team scoring will be determined by adding up the top 5 best placings by a school's runner in the 7 varsity races. In the Freshman and JV races, it will be the best placing from each of the 4 races. A team must have runners entered in every race in that division in order for them to be eligible for team awards. Team awards will be given to the top 3 teams in each division and the top 10 individuals in every race.



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2021 Race Schedule (Boys and Girls start at the same time)

- 12:00pm – Freshman Open
- 12:20pm – Freshman #6/#7
- 12:40pm – Freshman #4/#5
- 1:00pm – Freshman #2/#3
- 1:20pm – Freshman #1
- 1:40pm – JV Open
- 2:00pm – JV #6/#7
- 2:20pm – JV #4/#5
- 2:40pm – JV #2/#3
- 3:00pm – JV #1
- 3:20pm – Varsity #7
- 3:40pm – Varsity #6
- 4:00pm – Varsity #5
- 4:20pm – Varsity #4
- 4:40pm – Varsity #3
- 5:00pm – Varsity #2
- 5:20pm – Varsity #1
- 5:40pm – Open Race sponsored by Malaga Cove Track Club

