



Falcons

The Los Angeles Falcons

**INFORMATION
BOOKLET
2026**

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Revised 1/25

Welcome Letter

To: All Falcon Parents and Athletes

From: Coach Carlos, Founder of the Los Angeles Falcons Track & Field and Cross Country Team

On behalf of the L.A. Falcon parent board, it is my pleasure to welcome you to the 2026 Cross Country Season. We are excited to begin another XC season with returning and new families. We are glad you are joining our Falcon family. Your child will get to engage, interact with team players / coaches, and learn the sport of running. They will enjoy and have fun during practices and meets. We encourage parents to join us during practices as pacers in the front, middle, or backside of the athlete groups as they train. **This is a plus for our parents as they also get to have fun.**

The Los Angeles Falcons is a nonprofit 501(c) 3 tax exempt organization that promotes running sports for youth in our community and surrounding areas.

We are a volunteer organization which requires your help and support to succeed as a youth program. This is why we run a family base program. Parents are engaged and involved, which helps the process of learning for every child. Parents will participate in various duties. (see volunteer contract). **Perhaps the most enjoyable and impactful way is to join our parent coach staff.**

We believe in the development of an athlete through progressive training and lots of “FUN.” To help you understand more about the Los Angeles Falcons program and philosophy, we encourage you to read the entire parent handbook. You may also read the condensed version of the first three pages.

“The philosophy of the Los Angeles Falcons is that every child is a winner. Our runners will learn to excel through practice, friendly competition and team support. Come join us and learn a sport that can last you a lifetime.”

Hopefully, your questions will be answered by reading the parent handbook. Any further questions reach out to us via the contact list on our website or Coach Carlos (lafalcons1990@gmail.com).

Sincerely,

Pablo Carlos (Founder and Athletic Director)
Tony Morris (Treasurer)

“READ ME”—Summary of Important Information / Frequently asked Q’s

Registration (Available Online only)

Registration requirements:

1. Registration Fee (through credit card – minimum transaction fee applied), check or cash.
2. VYC Player Contract
3. Medical Clearance
4. Code of Conduct
5. Birth Certificate, Passport, or School document (upload into system during registration)
6. Parent Volunteer Contract
7. Release of Liability
8. Acknowledgment Form
9. Parent Expectation Contract
10. Information Form (Emergency card).

These forms must be received before an athlete can begin practice and be approved. Proof of age is required by the VYC (Valley Youth Conference). No athlete can register and compete at meets after the close of certification during mid-week of September, as determined by the Conference.

Fees and Fundraising (see fee schedule on the website)

The regular XC registration fee is \$210 for athletes. Uniform is \$40. Warm ups cost will be \$65 (optional). Families with multiple children will receive reductions on the second child and any others. Some partial scholarships are available for those who cannot afford the cost of registration. Registration fees cover basic costs for the team. Each year the team has fundraisers for facility cost and new or replacement equipment. There will be several fundraising opportunities during the season. (Concessions, Baja Fresh certs, T-shirts, team apparel, ect.). See website for photos, sizes, and cost. Help support your team.

Parent Involvement

At least one parent per family is being asked to support the team in one of three ways: 1) as a parent coach or assistant coach, 2) as a parent board officer or coordinator, or 3) assisting coordinators in team support or helping regularly at meets or practices. Opportunities will be explained at the pre-season parent meeting. In addition, everyone’s participation is requested at home meets. During XC we encourage parents to join us during practices as pacers in the front, middle, or backside of the athlete groups as they train.

Practices (see team calendar on the website)

Beginning Aug 8: M, W & Th 6:00 – 7:15 p.m. at Crescenta Valley Park, La Crescenta. Lower field next to the baseball diamond.
Sat. 8 a.m. – 9:15am at Crescenta Valley Park, La Crescenta. Lower field next to the baseball diamond.
Saturdays (START AUG 30) – meets as scheduled (see website calendar)

Beginning Mid-Sept: M, W & Th 5:30 – 6:45 p.m. at Crescenta Valley Park. As we loss light starting Time is changed.
Saturdays (START AUG 31) – meets as scheduled (see website calendar)

*** Some exemptions will apply If a practice must be cancelled due to severe weather or an unexpected clash with an event at the park, we will send out messages via email or our SportsEngine app.

Older and younger runners will have different workouts to cater to different speeds and distances. **PLEASE** bring plenty of water and a snack for afterwards. We recommend not eating for 1.5 hours

before practice begins. If runners must eat, have them stay away from dairy products, greasy foods, and sugary foods. A banana and some toast or crackers work well. Also, please encourage athletes to hydrate the day before practice as well as the day of practice. Hydration begins early in the week. This will help runners avoid cramps (which tend to be “contagious”, especially amongst our younger runners...).

At the beginning of the season, our practices will begin at 6pm, and will end no later than 7:30pm. However, as the season progresses and the sun sets earlier, we will adjust start times (as early as 4:45) to make sure our runners aren’t running through the park in the dark.

What should athletes wear to practice? Is is simple, lightweight comfortable running clothes (shorts and a T-shirt). A good pair of running shoes (Asics, New Balance, Hoka, Brooks). They need to wear a shoe that supports your runner in different terrains like grass, dirt, and concrete. **Spikes are not allowed.** Check out Fleet Feet in Burbank and get a team discount. As the temperature cools down have a hoodie and pants ready to go. Early mornings may be cooler. Purchase a warm up suit or hoodie from the team. Hoodies help support our team as a fundraiser.

Meets and Uniform

Meets are held Saturdays between August and early November. The team will notify members about rain via email or website posting on the morning of meets. Meets start with check-in and self walking the course at 7:30 a.m. for the Sub-Gremlin and Gremlin races. All athletes should arrive ahead of the time scheduled for their race to do proper stretching and warm-up with the coaches. A few parent volunteers may need to help with setup early. Other parent volunteers will help in course monitoring, finish line, and organizing our athletes.

The Falcons will compete with several teams in the ***Valley Youth Conference (VYC)*** across the San Fernando Valley, Santa Clarita Valley, Palmdale, and Simi Valley.

Athletes compete in divisions & competition distance, separate for boys and girls:

Sub-Gremlins (4 must turn 5 during season)	Ages 4-6	(Year Born 2020-2021)	(2000 meters)
Gremlins:	Ages 7-8	(Year Born 2018-2019)	(2000 meters)
Bantams:	Ages 9-10	(Year Born 2016-2017)	(3000 meters)
Juniors:	Ages 11-12	(Year Born 2014-2015)	(3000 meters)
Youth:	Ages 13-14	(Year Born 2012-2013)	(4000 meters)
Inter - Young:	Ages 15-18	(Year Born 2008-2011)	(4000 / 5000 meters)

Meets tend to begin on the first Saturday of September (**see team calendar on the website**). Once meets start they will take place every Saturday until the end of the season. We understand that many families may have busy schedules and may miss a meet or two. Please let your coaches know. There is no penalty for not attending practices or meets, however the more consistency the athlete trains, the better the results.

What should athletes wear to the meets? A uniform will consist of a spandex top and bottom or our traditional singlet and shorts. Athletes that purchase the training warm-ups can use them at practices or meets. It is especially important to keep muscles warm after exertion in the cool mornings or evenings. The uniform can only be worn at meets and not at practices. Please follow the care instructions for washing them. Athletes are also permitted to wear a white T-shirt underneath the singlet top and black or team color tights underneath the shorts.

Code of Conduct

Parents and athletes are expected to conduct themselves in a spirit of good sportsmanship. The sport is for the benefit of the athletes, and can be fun even with serious competition. Any concerns should be directed to the Head Coach. Parents or athletes violating rules of conduct may be asked to leave an event.

Los Angeles Falcons Cross Country Team

Team Leadership

Open	Commissioner	
Armen Najarian	Emeritus Commissioner	
Pablo Carlos	General Manager / Athletic Director	818-541-0355
Tony Morris	Treasurer	818-840-9438
Open	Secretary / Assistant GM	
Sandra Carlos	Director of Registrar	818-541-0355
Joshua Carlos	Director of Communications	818-540-0355
Peggy Morris	Director of Merchandizing, Fund Raisers, Awards	818-840-9438
Joshua Carlos	Director of Social Networks	818-541-0355
Open	Director of Parent Volunteers	

Coaches

Pablo Carlos	Athletic Director – Head Coach	lafalcons1990@gmail.com
Dennis Slavin	Cross Country Coach	Admin..
Need another coach	Cross Country Coach	??
Need another coach	Cross Country Coach	??

Parent Group Coordinators

Parents	Team Historian	Open
Parents	Fund Raiser crew	Open
Parents	Merchandizing crew	Open
Parents	Concession crew	Open
Parents	Picnic crew	Open
Parents	Awards crew	Open

Rain on Meet Days Posting:

email: lafalcons1990@gmail.com or website www.falconstrack.com
See Team Calendar for updates.

LOS ANGELES FALCONS CROSS COUNTRY TEAM

INFORMATION FOR PARENTS AND ATHLETES

The Los Angeles Falcons Organization

The Los Angeles Falcons is a nonprofit youth organization existing solely to develop young athletes (ages 5-18) for fun and competition in cross country events. The team is open to all boys and girls desiring to improve themselves in this sport in a spirit of healthy competition and sportsmanship. The organization is supported by the dedicated efforts of volunteer parents and coaches.

The Valley Youth Conference

The L.A. Falcons is a member organization of the Valley Youth Conference (VYC). The Head Coach, Parent Board President, or team representative attend as board members monthly meetings of the Track and Field and Cross-Country sections. The larger organization only consist now of track and XC. The conference oversees all the primary track and field and cross country events, and current teams (and home fields) are:

VALLEY YOUTH CONFERENCE TEAMS

WESTERN LEAGUE

LAF	Los Angeles Falcons Crescenta Valley High School
SCTC	Santa Clarita Track Club Castaic High School
CC	Calabasas Cheetahs Calabasas High School
BV	Burbank Vikings Burbank High School
FP	Flying Phoenix Canyon High School
SFVR	San Fernando Rush Bishop Alemany High School
TT	Thimsha Youth Sports Burbank High School
L5	Lane 5 Palmdale High School

EASTERN LEAGUE

AVTC	Antelope Valley Track Club Antelope Valley High School
LRR	Lancaster Runnin Rebels Lancaster High School
NVGB	North Valley Golden Bears Arleta High School
PB	Palmdale Bullets Palmdale High School
VR	Valley Raiders Birmingham High School
VC	Village Christian Village Christian High School
WVE	West Valley Eagles Taft High School
SCW	Santa Clarita Warriors College of the Canyons
NP	Northridge Pacers Granada Hills High School

Teams within the VYC share the same rules for Cross Country events and compete in league meets, invitationals, and conference finals at the end of the season. The L.A. Falcons also promotes post-season competition for regional and national USATF and AAU championships though Junior Olympics Games. This will occur in November and December.

Fees and Fundraising

The LA Falcons is self-supporting through annual membership fees, donations, and fund-raising efforts. All funds are used for VYC registration, supplemental insurance, championship events, track/facility fees, uniforms, training outfits, equipment, ribbons and awards, and administrative supplies. The Parent Board decides fees and fund-raising events before each season based on anticipated income and expenses.

2026 Fees and Fund-raising

- \$250 Regular annual registration fee per athlete which includes \$40 uniform for new athletes.
Adjusted fee per child for families with multiple athletes (see fee schedule on checklist)
- \$210 Returning athletes that will reuse last years uniform
- \$40 Team Uniform (spandex top and bottom)
- ** \$65.00 cost of warm ups. (Recommended for every athlete)

The team will also host concessions at home meets with the support of parent volunteers. The team will also have Baja Fresh certificates, team attire, and T-shirts to raise funds. The team may also ask for a small per-family donation for the end of season awards picnic.

Monetary or equipment donations from individuals and businesses are welcome. Possibility exists for some limited product or company promotion. Contact the Athletic Director and Coach Carlos.

A few partial scholarships are available for those in need. Contact Coach Carlos or Team Treasurer.

Parent Involvement

Parent participation is essential to make the season run smoothly. The greater the participation, the easier the burden on any one person. Most tasks require only willingness and a little time. A Parent Volunteer Form is required during online registration. We ask that at least one parent from each family serve in one of three ways: 1) as coach or assistant coach, 2) officer or coordinator in Parent Board, or 3) helping parent coordinators in team support or assist at practices and meets. All new coaches and assistants attend the coaches' clinic in pre-season with the head coach. Officers and coordinators generally have returning athletes. Parents of first year athletes generally serve as team support and parent volunteers at meets, but those with special skills may be asked to help in key positions. Older siblings may also assist. The Parent Volunteer Form explains all need areas to help support the team.

The Parent Board will meet monthly during the pre-season and season to coordinate team activities. All parents are welcome to attend. There will be one mandatory meeting for all parents prior to the start of the season. Several briefer ones may be held at the end of practice to discuss key events such as a special meet.

Home Meets. Running a home meet requires everyone's help. There will probably be one meet during the season. The Head Coach, Parent Board President and Home Meet Coordinator will coordinate volunteer efforts.

At all meets, every family is expected to supervise their children and leave areas on fields or surroundings clean and trash free.

Registration (Available online only)

Registration forms include the following:

1. Registration Fee (through credit card – minimum transaction fee applied), check or cash.
2. VYC Player Contract
3. Medical Clearance
4. Code of Conduct
5. Birth Certificate, Passport, or School document (upload into system during registration)
6. Parent Volunteer Contract
7. Release of Liability
8. Acknowledgment Form
9. Parent Expectation Contract
10. Information Form (Emergency card).

These forms must be received before an athlete can begin practice and be approved. Proof of age is required by the VYC (Valley Youth Conference). No athlete can register and compete at meets after the close of certification during mid-week of September, as determined by the Conference. The VYC has a final registration cutoff to certify athletes and generate team rosters and athlete competitor numbers. All team rosters must be distributed for computerized tabulation of meet results, and subsequent changes would cause massive system problems. If registration for an athlete cannot be completed by the certification date, he or she cannot participate in the season.

Uniform

A uniform will consist of a spandex top and bottom or our traditional singlet and shorts and should fit the athlete comfortably. The uniform should not be worn during practices. The uniform should be washed in warm or cold (not hot) water and preferably gentle cycle, tumbled in dryer at cool temperature or line dried, and does not require ironing (or use cool temperature). Please follow the care instructions for washing them. The team is proud of the uniforms, so please take special care in cleaning them. Athletes that purchase the training warm-ups can use them at practices or meets. It is especially important to keep muscles warm after exertion in the cool mornings or evenings. Athletes are also permitted to wear a white T-shirt underneath the singlet top and black or team color tights

underneath the shorts. Parents should put their child's name in both tops and bottom to prevent confusion at practices and meets.

No Spikes will be allowed. A good pair of running shoes will be required.

Age Divisions

Sub-Gremlins (4 must turn 5 during season)	Ages 4-6	(Year Born 2019-2020)	(2000 meters)
Gremlins:	Ages 7-8	(Year Born 2017-2018)	(2000 meters)
Bantams:	Ages 9-10	(Year Born 2015-2016)	(3000 meters)
Juniors:	Ages 11-12	(Year Born 2013-214)	(3000 meters)
Youth:	Ages 13-14	(Year Born 2011-2012)	(4000 meters)
Inter - Young:	Ages 15-18	(Year Born 2007-2010)	(4000 / 5000 meters)

Ages are determined based on age on December 31 of the year ending prior to the season. Fall cross-country runners remain in their divisions.

Athletes in all races only compete against their own gender and age division. Sometimes Cross Country races will be combined in divisions between girls and boys depending on inclement weather. Meet tags or bibs will be distributed to all athletes at each Cross Country meet (venue). They will pin it to their uniform top. Sometimes a chip tied or looped into their shoe will be used for certain meets.

What is Cross Country?

Cross Country is a running sport where individuals or teams compete on outdoor courses over natural terrain like grass, dirt, trails, hills and may include concrete. It's a long-distance running sport, with races ranging from 1.2 miles to 3.2 miles in youth programs. In high and college programs the distance increases. The courses are designed to be challenging and varied, often including hills, curves, and different types of surfaces. A course may also be mostly flat depending on the location site.

Races can be individual or team-based, with team scores based on the placement of the top runners. In high school the top 5 score and number six and seven may be used to break a tie. Traditionally we run 6 to 7 league meets and a championship meet during the season. They may also include invitational meets. Sub-Gremlin and Gremlin athletes will run 1.2 miles (2k) during races. Bantams and Juniors will run 1.8 miles (3k) during races. Youth and Up will run 2.2 to 3 mile (4k) during races. Most races will take place in the San Fernando Valley, Santa Clarita Valley, Palmdale, San Gabriel Valley, and Simi Valley.

Cross Country training focuses on building endurance and stamina, with a mix of long, slow runs, interval training, and hill workout. Speed workouts will also be incorporated during practices. The younger the youth athlete the less distances covered during training. The older and experience athletes will have longer distances to cover.

Interval training will help improve cardiovascular fitness, increase VO2 max, and enhance an athletic performance. We will conduct this workout once a week. Coaches will try to share the workout on a weekly basis.

Running is the fundamental activity serving as the foundation for all sports. It allows athletes to build endurance and strength needed to succeed in other sports. Next to swimming, running will help increase lung volume which will allow an athlete to push harder. We encourage our athletes to learn the fundamentals of running and have fun. We hope to inspire many to continue running for the rest of their lives.

Practices

Each athlete needs to report to practice **2-3 days per week**, and preferably 3 during pre-season (August). The more the athlete puts into practice, the better he/she will improve in their endurance and stamina. Coaches will use various workouts to facilitate the process of training. Cross Country training will focus on building endurance and stamina, with a mix of long, slow runs, interval training, and hill workout. Workouts are designed by the coaches to build speed, strength, agility, endurance, and aerobic capacity in accordance with the athlete's needs, and are balanced across the week and season. All practices begin with essential warm-up, stretching, and dynamics so be on time. Athletes should wear shorts (well above the knee), loose T-shirt or tank top, and running shoes. Please bring water to all practices and meets. Gatorade and a snack are highly recommended.

Practices will be held on Mondays, Wednesdays, and Thursdays throughout the season – rain or shine (some exceptions will be made for lightning, extreme heat waves, ect). Prior to meets beginning, we will also have Saturday practices. Consider this time 'pre-season' conditioning/base building, where new athletes will learn running basics (fundamentals to running like coordination and breathing). All athletes will have the chance to get back into running after a summer off or after participating in alternate spring/summer sports. Most of our practices will be held at the Crescenta Valley Regional Park. Later in the season we will vary some of our practice locations if there is a meet being held at CV Park or if we want to change things up a bit.

There is no penalty for not attending practices; however, the more consistently athletes train, the better the results. Nothing motivates young runners more than noticing their race times get faster and when practices start feeling a bit easier!

At the beginning of the season, our practices will begin at 6pm, and will end no later than 7:30pm. However, as the season progresses and the sun sets earlier, we will adjust start times (as early as 4:45) to make sure our runners aren't running through the park in the dark.

Rainy Day Practice and Meets

If it is not raining at practice time, we will have practice. We try not to cancel practice but safety always comes first. If the course is muddy it will hinder our practice. On threatening days please stay with your child a few minutes to be sure practice will be held. The team will post and email parents if rain falls during practices and meet days. We may also use the SportsEngine app.

Practice and Track Meet Preparation

1. Please prepare your children for practice and track meets; proper rest, food, and conditioning are essential to insure a healthy child. Avoid milk products and heavy meals two to three hours before practice or competition. A diet high in carbohydrates will provide extra energy (potatoes, bread, fruits, and pastas).
2. Have warm clothes or training sweat for putting on after a race or practice to prevent cramping in cooler weather.
3. Label all personal belongings.
4. Each parent should provide their child the following for each meet:

water and ice	towel	beach chair or blanket
food or money	training sweats	hat or visor
uniform (not to be worn to practice)	sun screen	
4. Please pick up children from practice on time. Arrive 15 minutes before practice is over. Children are not permitted to walk home after practice or at a meet. Parents are to check in and check out with coaches during practices and at meets. Please do not leave your child unattended at meets. If you must leave, make arrangements with an adult to be responsible for your child.
5. Dress code for meets. Athletes can only run in the team uniform at meets. Improper dress code will lead to an athlete's disqualification.

Meet Schedule

The duration of the Saturday meets is dependent upon many factors such as the number of teams and/or athletes participating. A meet can vary as much as one hour from the approximate scheduled start times listed below. Self guides walk throughs of the course will begin at 7:30am before the meet starts. All races begin at 8:30 a.m with Sub-Gremlins and Gremlins. Then a time schedule will follow with all other divisions. Most meets will end around 1:00pm. Because starting times vary, athletes need to arrive early enough to allow for stretching and warm-up with the coaches.

<u>Races (meters)</u>	<u>Rolling Times (Varies in meets)</u>
Sub-Gremlin (G/B)	8:30 am
Gremlins (G/B)	8:45 am
Bantams (G/B)	9:15 am
Juniors (G/B)	10:00am
Youth (G/B)	10:40 am
Intermediates / Young (G/B)	11:30 pm

**** These are not accurate times but approximation. Each week we will email the race schedule for each meet.**

The schedule for invitationals and championship meets will be different. Participating athletes will be provided with this information prior to these meets.

How a Meet Works

Meets tend to begin on the first Saturday of September (**see team calendar on the website**). Once meets start they will take place every Saturday until the end of the season. All athletes are to check in with their coaches upon arrival at the meet and they are to check out as well at the conclusion of the meet or before leaving. Athletes who cannot make a meet should notify the head coach and XC coaches so that meet events can be planned. Athletes need to arrive early enough to allow sufficient preparation time for their first race.

Meet tags or bibs will be distributed to all athletes at each Cross Country meet (venue). They will pin it to their uniform top. Sometimes a chip tied or looped into their shoe will be used for certain meets. Each tag contains the athlete's name, comp number, team, gender/division, event, and best time.

Self guided walk throughs will need to be done before the first race at 8:30am. The start time may vary from meet to meet. Reference the team calendar on the website (www.falconstrack.com). They start at 7:30am. Parents should give themselves plenty of time to find parking and locate the team at the meet.

A few parent volunteers may need to help with setup early. Other parent volunteers will help in course monitoring, finish line, and organizing our athletes. Home meets require many more volunteers from parents and coaches than at an away meet to provide all the officiating, concession help, and set-up and take down of equipment. The Home Meet Coordinator will organize a formal sign-up of positions.

Parents are encouraged to bring canopies, folding chairs, and food / snacks to every event. Every meet should be like a picnic setup. A concession stand is sometimes available at the meets. Make sure to bring hats and sun screen for the hot days. Parents may also join forces to bring food to the team athletes like protein bars, crackers, cookies, fruit, and other type of snacks. Healthy snacks will help provide athletes the correct energy needed. A protein bar after the race helps athletes recuperate at a faster rate because 75% of the protein is absorbed.

We encourage parents to cheer and show their support to our athletes during the races. When parents work together it trickles into our athletes performance. Parents could also purchase team attire like T-shirts, sweat hoodies, and caps to show team support at all venues. Help fundraise and support your team by buying merchandise

Regular League Meets

The L.A. Falcons will compete with several teams in the *Valley Youth Conference (VYC)* across the San Fernando Valley, Santa Clarita Valley, Palmdale, and Simi Valley. Most regular meets will take place at parks or trails on college campuses. A few examples are Pierce College, Central Park, O'Melveny Park, Mt. Sac, and many others. Most courses will consist of different surfaces like grass, dirt, and some concrete. They will have flat surfaces mixed with curves and hills. Every athlete that runs at a regular meet will be added to the ranking list which is used for selection in post season Cross Country (Junior Olympics). To qualify for the post season team you must have participated in at least half of the team's regular meets and be on top rankings.

At the beginning of the season the conference may hold a pre-season meet. This is not considered a regular meet. It is an optional meet for athletes. The results will not be included in the weekly rankings. This meet is also considered a fundraiser for the conference and a fee is associated. This is not covered in your team registration.

League Championship Meet

Usually the season concludes with a league championship meet. To qualify for entry into League Final meet, an athlete must fulfill both of the following requirements :

1. Have participated in at least half of the team's regular meets.
2. Attended practice during the week of finals.

All athletes will have an opportunity to earn medals and score as a team per divisions.

Invitationals

The VYC conducts one invitational meet open to all outside teams and conference teams. The other invitational is by USATF called Free Spirit. This is the only meet on a Sunday.

We will provide details for all meets during the week of the venue. Be sure to add the meets into your personal calendars.

Conduct

A parent, spectator, coach, or another athlete is never allowed to pace a competitor by running, or taking a position along the course for purpose of coaching or assisting him or her. The competitor will be disqualified for any such act. Any times given to an athlete will only be done so by the Head Timer at the finish line during the race.

The Valley Youth Conference has one major goal--to promote youth Cross Country competition in a wholesome environment. Personal conduct of spectators, officials, coaches, and participants must, at all times, be beyond reproach. Physical and verbal abuse will not be tolerated under any circumstances. Adults or participants unable to display acceptable behavior will be directed to leave the competition site by the Meet Director. Individuals are advised to consider their words and actions. As adults, we are asked to model appropriate sportsmanlike behavior for our athletes and children. The sport is for the children.

We hope this handbook answered several of your questions in your mind. Any further questions may be directed to the athletic director or coaching staff.

****** A Code of Conduct document must be signed by parent / guardian during registration. It is a requirement of registration.***

2026 Falcons Cross Country Tentative Meet Schedule

Tentative Regular Season Meets

Estimate Times

LAF XC @ <i>Pre-Season Central Park</i>	Sat., Sept 5	8:30 am – 1:00 pm
LAF XC @ <i>O'Melveny Park (Meet 1)</i>	Sat., Sept 12	8:30 am – 1:00 pm
VYC Invitational @ <i>Central Park (Meet 2)</i>	Sat., Sept 19	8:30 am – 1:00 pm
LAF XC @ <i>Pelona Vista Park (Meet 3)</i>	Sat., Sept. 26	8:30 am – 1:00 pm
LAF XC @ <i>Crescenta Valley Park (Meet 4)</i>	Sat., Oct. 3	8:30 am – 1:00 pm
LAF XC @ <i>Free Spirit Invitational (Meet 6)</i>	Sun., Oct. 11	8:30am – 1:00pm
LAF XC @ <i>Arroya Vista Park (Meet 5)</i>	Sat., Oct. 17	8:30 am – 1:00 pm

League Championships

LAF XC @ <i>Central Park (Meet 7)</i>	Sat., Oct. 24	8:30 am – 1:00 pm
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Post Season Meets – USATF / AAU

Association (possible)	Sun., Nov. 9	8:30 am – 1:00 pm
	Sun., Nov. 16	(possible date)
Regional (possible)	Sun., Nov. 23	8:30am – 1:00pm
	Sun., Nov. 23	(possible date)
Nationals (Junior Olympics)	TBA	

Other Post Season Dates:

10/26 (All teams practice)	TBA
(All Teams practice and pot luck brunch)	TBA

Post-season competition begins in November with Falcons. Most teams will join together as Valley United. Interested athletes should speak with XC Coaches and Coach Carlos or via email lafalcons1990@gmail.com

Date and time changes will be posted on the team calendar via our website.

Directions are in the team calendar on our website (www.falconstrack.com)