



Los Angeles

Falcons

Track & Field

Los Angeles Falcons Boys & Girls

AGES 5-15

Cross-Country

Starts August 6th

2018

The Los Angeles Falcons have launched their 16th annual Cross-Country Season for 2018. We would like to welcome any track and new athletes to our team. Come join us for a challenging sport full of conditioning, endurance, and fun. Parents are welcome to train with the athletes.

Practices : (Starting August 6, 2018) – Preliminary Schedule (Practice Time May Change)

<u>Days</u>	<u>Location</u>	<u>Time</u>
Saturdays	CV Park / other park	8:00 – 10:00am
Mondays	CV Park / other park	6:00 – 7:30pm
Wednesdays	CV Park / other park	6:00 – 7:30pm
Thursdays	CV Park / other park	pending / possible

Meets : (Starting September 15 through November 3, 2018)

6 Saturday Meets from 8:00am – 12:00pm. Locations To Be Announced

1 Conference Final 8:00am – 12:00pm. Location To Be Announced

Registration : \$145.00 fee (includes uniform, awards, & course fees)

**** An optional warm-up with team logo may be purchased for \$55 ****

Monday, August 6 @ 5:30pm At Crescenta Valley Park (upper lot)

Wednesday, August 8 @ 5:30pm At Crescenta Valley Park (upper lot)

For More Information Call:

Coach Carlos (818) 541-0355 between 7:30 p.m. – 9:00 p.m.

carlosfamily@earthlink.net or dslavin@mac.com or lafalcons1990@gmail.com

Check our website for updates: **www.falconstrack.com**



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

