



2021 FIYA VIRTUAL CROSS COUNTRY

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WELCOME TO FIYA CROSS COUNTRY!

To learn more about our organization, [click here](#). If you are new to FIYA, it is especially important to take the time to review the information herein before you start competing in our cross country events.

FIYA introduced Virtual Cross Country meets to our 2020 season and although we will return to in-person meets as well, we will continue to offer virtual meets for the Fall 2021 season! Our virtual cross country is FIYA'ized which means runners have to actually run the course we have laid out but they do it on their own anytime during the open competition period.



We have designed 10 courses at various parks or recreation areas throughout Los Angeles County. This is a great way for your school community to gather safely outdoors at beautiful locations on your own schedule, enjoy each other's company and compete against other schools' cross country runners through FIYA's virtual cross country meets.

To have a successful virtual cross country season, we have provided all the information you will need here in this program or on our cross country page. Please keep reading!

[In addition, we will host a Cross Country Coaches Meeting at the start of the season so please stay tuned for more details to have someone in attendance for your school or participating student athletes.]



THE BASICS

FIYA is open to all middle school/elementary schools. No High School students are allowed to compete in FIYA. We divide the Cross Country competition based on grade levels as follows:

DIVISION 1 is 8th grade and below and runs a 2 mile course;

DIVISION 2 is 6th grade and below and runs a 1.5 mile course;

DIVISION 3 is 4th grade and below and runs a 1 mile course.

A student athlete can compete as part of the school team or individually if there are not enough student athletes at your school interested in competing. All FIYA Virtual Meets require that the athletes actually run AT the designated course on your own at anytime during the open competition period.

THE COSTS

For all of our virtual meets, the cost is per athlete per school per meet. \$15 per athlete per meet for nonmember schools and \$12 per athlete per meet for member schools.

If a runner participates in at least SIX (6) virtual meets:

He/she will receive a commemorative 2021 FIYA Virtual XC T Shirt.

If a runner participates in all EIGHT (8) virtual meets:

He/she will also receive a commemorative 2021 FIYA Virtual XC Medal.

Upon conclusion of the cross country season, FIYA will issue one invoice per school covering all meets that your school athletes participated. Payment should be made after receipt of the invoice.

VIRTUAL MEET LOCATIONS & COURSES

We have designed 10 courses at various parks and recreation areas throughout Los Angeles County. All notes on our virtual meet locations are listed below and all course maps and photos can be viewed / downloaded on our [Cross Country Page](#).

NOTE: Again, there is **NO** particular order in which our offered virtual meets need to be competed; just as long as runner registration and race completion take place **AT** the course location and within the designated timeframe as noted above and in our program.

COURSE VIDEOS: For better visuals of our virtual courses, we've uploaded course videos to our [YouTube channel](#) and linked on [Cross Country Page](#).

COURSE 1: Columbia Park ("Columbia")

- Located at 18700 Prairie Avenue, Torrance 90504
- Free parking
- [Click here for Columbia course map](#)

COURSE 2: Earvin Magic Johnson Recreation Area ("Johnson")

- Located at 12554 S Avalon Blvd Blvd, Los Angeles 90059
- Free parking
- [Click here for Johnson course map](#)

COURSE 3: El Dorado East Regional Park ("El Dorado")

- Located at 7550 Spring Street, Long Beach 90815
- Daily parking fee required.
- [Click here for El Dorado course map](#)

COURSE 4: Hansen Dam Recreation Area (“Hansen Dam”)

- Located at 12244 Osborne Street, Lakeview Terrace 91342
- Free parking
- [Click here for Hansen Dam course map](#)

COURSE 5: Lake Balboa/Anthony J. Beilenson Park (“Lake Balboa”)

- Located at 6300 Balboa Blvd, Van Nuys 91406
- Free parking
- [Click here for Lake Balboa course map](#)

COURSE 6: Legg Lake/Whittier Narrows Recreation Area (“Legg Lake”)

- Located at 832 Rosemead Blvd, South El Monte 91733
- Free parking
- [Click here for Legg Lake course map](#)

COURSE 7: Peter F. Schabarum Regional County Park (“Schabarum”)

- Located at 17250 Colima Rd, Hacienda Heights 91745
- Parking fee on weekends and holidays only
- [Click here for Schabarum course map](#)

COURSE 8: Santa Fe Dam Recreation Area (“Santa Fe”)

- Located at 15501 E Arrow Hwy, Irwindale 91706
- Daily parking fee required
- [Click here for Santa Fe course map](#)

THE OPEN COMPETITION PERIOD

The first day an athlete can compete at any virtual meet is **TUESDAY SEPTEMBER 28TH**. The last day an athlete can compete at any virtual meet is **SUNDAY NOVEMBER 28TH**. Any submissions outside the open competition period will not be certified.

MEET REGISTRATION

Cross country registration for our 2021 Virtual Meets will **OPEN on TUESDAY SEPTEMBER 28TH** on [FIYA's athletic.net page](#). All meet registrations will **CLOSE on SUNDAY NOVEMBER 28TH**.

If your school has not participated in FIYA Cross Country in the last two years, you will likely need to **first create a free account at athletic.net**. See [instructions](#) on how to create a free account. Once you create your account, you can then register for **any** of the FIYA Cross Country Meets. *If you're unfamiliar with our registration process through athletic.net please [see instructions](#) on how to register.*

DOWNLOAD ATHLETIC APP AFTER REGISTRATION

For virtual meets, there are **TWO IMPORTANT STEPS** *after* you have registered your runners for a virtual meet on Athletic.net:

STEP 1 - Every cross country *coach* must [download Athletic App](#) to his or her mobile phone.

STEP 2 – Every *runner* must [download Athletic App](#) as well.

[Please click here](#) to print out and read the detailed Athletic APP instructions. Again, all FIYA Virtual Meets require that the athletes actually run **AT** the designated course on your own at anytime during the open competition period. Using Athletic APP provides the proof that athletes complied with this requirement.

USING ATHLETIC APP @ EACH VIRTUAL XC MEET

Each athlete that runs a FIYA virtual cross country meet needs to use Athletic App. We have provided detailed instructions on how a runner can record their run and submit his/her results. In addition, Athletic App has other useful features for coaches and team members. Again, [please click here](#) to view, print out, and read the detailed Athletic APP instructions to learn how to use the app at each virtual meet and submit runners' results.

HOW WE'LL SCORE

Upon close of the last day of the Open Competition Period, FIYA will certify all results and post the official order of finish for both teams and individuals. FIYA reserves the sole discretion to determine whether runners completed the required course.

All virtual meets will have a team competition as well as an individual competition. **Meaning, individuals can still compete regardless if their school has enough runners to qualify as a team.**

- **For the team competition:** Your school must have **at least 3 runners** per division per gender to qualify. For every three teams participating, we will award a team plaque. We will award a maximum of 5 team plaques.
 - A maximum of 5 runners per school will place for team scoring purposes.
 - The team winner is determined by adding up the top 3 place finishers from the school's maximum 5 and the lowest total number wins.
 - In the case of a tie, we use the 4th runner from the team to break the tie.
 - For example: School A has the 1st, 10th and 20th finisher and School B has the 8th, 11th and 12th finisher. Both schools have 31 points. School A did not have a 4th runner and School B had a 4th runner finish 25th. In this scenario, School B would be the team winner.
- **For the individual competition:** We award medals to the top runners in each gender division.
 - For every 5 runners, there is a medal place awarded.
 - For example, if there are 25 runners total in a race, there are 5 medals awarded to the top 5 finishers in that gender division.

- **Seasonal Champion competition for Division 1 only:** We crown an official Girls Division 1 and Boys Division 1 Cross Country Champion upon the conclusion of the season. To qualify, a school must participate in at least 50% of the FIYA Cross Country meets during a season. Your team must finish in the top 5 team scores. This will be based on accumulating points at ANY **FIVE** of the SIX FIYA cross country meets (or as otherwise determined based on the number of meets offered in that particular season).
 - **For D-1 Girls and D-1 Boys, your school's team will earn points if you finish in the Top 5 Team Scores of your Division at each meet as follows:**
 - **5th Place - 1 point**
 - **4th Place - 2 points**
 - **3rd Place - 3 points**
 - **2nd Place - 4 points**
 - **1st Place - 5 points**
 - If there is a tie in team scores with multiple teams for a top five finish, we will add the point totals and divide by the number of tied teams. By way of example, if two schools tie for 2nd and 3rd place, we add the points (4 + 3) and divide by 2 so each team will be awarded 3.5 points.
 - There is a maximum number of cross country meets for which a school team can earn points during a cross country season. The maximum number is the total number of FIYA cross country meets offered in a season minus one. In other words, if FIYA offers 5 cross country meets in a season, a school team can earn points in its four best meets (we drop the lowest score if the school team competed in all 5 meets).
 - If there is a tie in accumulated points upon conclusion of the cross country season with multiple teams, the tiebreaker will be the team that competes in the MOST FIYA cross country meets in the season wins. If the tiebreaker does not resolve the champion, there will be co-champions.

For further assistance with participating in our virtual XC season, please visit our website at www.onfiya.org/cross-country which has various resources and vital, in-depth information on our Virtual XC program. For all additional questions, feel free to email us at info@onfiya.org.



We look forward to serving you and your schools and can't wait to see our runners' results!

GOOD LUCK & GET OUT THERE! #FIYAXC