



YOUTH CROSS COUNTRY

2023

QUICK FACTS

WHERE Northlake Park
(500 W 2000 S, Lehi)

WHO based on birth year
(2008-2016)

WHEN Season is Mid Aug -
Oct. 2023

FEES Residents: \$45
Non-Residents: \$55

REGISTRATION

Resident Registration Starts: May 1, 2023

Open Registration Starts: June 1, 2023

Registration Deadline: July 12, 2023

Space is limited and the program may fill up before the deadline date. Register at the Legacy Center Registration Office during normal business hours or online at www.lehi-ut.gov/legacy-center

If you are called off the waiting list, there is a \$10 late fee.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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CROSS COUNTRY

The Cross Country program is for boys and girls ages 7-15 (Birth Year 2008-2016). The program is designed to offer skills and condition training in a cooperative environment. The coaches are currently on the High School Cross Country teams. Throughout the season, participants will have the opportunity to participate in meet distances ranging from 1k to 4k. The meets will be held on Monday nights at various locations throughout Utah County (Salem to Saratoga Springs) starting August 28th and going through October 9th. The Regional Invitational will be a 3k.

PRACTICES (@ Northlake Park)

Cross Country practices will be held on Thursday afternoons starting on August 17th. Practices will be held from 5:30pm-6:30pm at Northlake Park (500 West 2000 South, Lehi).

PARENTS MEETING

The parent/participant meeting will be held on the first day of practice, August 17, 2023 @ 5:00pm at Northlake Park. Parents will also receive an informational email prior to this date.

PROGRAM INCLUDES

This program includes practices and meets (cross country meets will be held at other locations in the county). Participants receive a team t-shirt. Parents must provide transportation to all meets. Shirt sizes may run big.

FANS PROGRAM

A parent or guardian of each player must participate in the FANS Program before registering. See the back of this flyer for details. You can also visit www.lehi-ut.gov/fans

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.



FANS

Mandatory Sportsmanship Program

QUICK FACTS

WHAT Fans Against Negative Sportsmanship (FANS)
WHO At least one Parent/ Guardian of youth sport participants
WHERE Lehi Legacy Center
FEES None
HOW Watch a 20-minute video and answer 5 questions about the content. Participation required before registration for any youth sport league.

FANS (FANS AGAINST NEGATIVE SPORTSMANSHIP)

FANS is a mandatory sportsmanship program that will help create a positive atmosphere at games to help kids, coaches, and participants have a positive experience.

Parent(s) or guardian(s) of youth sport participants will be required to watch the FANS video and answer a few questions. A passing score is required in order to register your child for youth sport leagues. Those who have not participated will not be allowed to register.

At the end of the program the parent/guardian will receive a unique number that is valid for 12 months. The number is required when registering for any youth sport. The number will cover all children in the household. The course must be completed every 12 months.

REGISTRATION

To watch the video, go to www.lehi-ut.gov/FANS or come to the Legacy Center. A computer is available for use in the front lobby or registration office.

FANS-REQUIRED YOUTH SPORTS

The following youth sports require FANS participation:

- | | | |
|---------------|------------------|----------------|
| Boys Baseball | Girls Softball | Flag Football |
| Coach Pitch | Girls Volleyball | Indoor Soccer |
| Machine Pitch | Track & Field | Outdoor Soccer |
| Tee Ball | Wrestling | |
| Cross Country | Youth Basketball | |

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FANS PARTICIPATION

To participate in the FANS Program, visit www.lehi-ut.gov/FANS, watch the video, and answer a few questions. A passing score is required in order to register for youth sports leagues.

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