

PRESENTS THE

2023



**October 21, 2023**Forest City Elementary

1010 Sand Lake Road  
Altamonte Springs, FL 32714

  
*www.cfgliders.com*

# HOST:

Central Florida Gliders Track Club  
www.cfgliders.com

This is a qualifier for the FLYRA State Meet

**Sanction:** USA Track & Field

# DATE:

Saturday, October 21, 2023  
Course walk-trough

# LOCATION:

Forest City Elementary   
1010 Sand Lake Road (in Altamonte Springs 32714

# TIME:

7:15am…Registration/Packet Pick-up

7:55am…National Anthem

8:00am…First Race then rolling schedule.

5k & 3k Open   
5k–Girls & Boys 15 & above

3K-Girls & Boys Grades 5-8

2K-Girls & Boys Grades 3-5

1K-Girls & Boys Grades k1-2

# COST & REGISTRATION:

* $20 Pre-registration – Now thru October 20, 5pm  
  $30 same day registration
* $80 single gender **team** (5-7 members)$150 both gender teams$100 same day registration-single gender team  
  $170 same day registration-both gender teams

***MEET DIRECTORS:***

Meet Director: Craig Wise [coachwise@cfgliders.com](mailto:coachwise@cfgliders.com)   
Asst. Meet Dir: Neamen Wise [wiseneamen@gmail.com](mailto:wiseneamen@gmail.com)

Timing: GunLap Running, LLC Results: Gunlaprunning.com

**To Register:** <https://fl.milesplit.com/meets/566112-gliders-annual-xc-meet-2023>

Contact for information: [info@cfgliders.com](mailto:info@cfgliders.com)