

SEVENTH ANNUAL SIERRA CROSS COUNTRY INVITATIONAL

SATURDAY, 12 SEPTEMBER, 2009

LEGION-TUOLUMNE REGIONAL PARK, MODESTO

RACE SCHEDULE, DISTANCES, AND INDIVIDUAL RACE AWARDS:

Boys Frosh-Soph	9:00 am	2 miles	Shoe Bags to top ten finishers
Girls Frosh-Soph	9:35 am	2 miles	Shoe Bags to top ten finishers
Boys Varsity	10:10 am	5 km	Shoe Bags to top ten finishers
Girls Varsity	10:45 am	5 km	Shoe Bags to top ten finishers
Combined Boys and Girls Junior Varsity	11:25am	2 miles	Shoe Bags to top five finishers of each gender
Team awards presentation will begin approximately 15 minutes after last competitor finishes			

COURSE:

Legion-Tuolumne Region Park is located in southwest Modesto along the banks of the Tuolumne River. The course is flat and shady with grass, dirt, and asphalt surfaces. The course is accurate with mile points marked. The course will be clearly marked with race monitors at strategic intersections with mile splits announced. Refer to the attached course maps for detailed directions.

ENTRY PROCEDURE:

Refer to the enclosed entry procedure sheet, which will also be used for this year's SJS Sub-section meet. Any questions regarding entries on the www.Athletic.net website should be directed to Dick Iwamiya via e-mail at XCTiming@aol.com. Online Meet Registration will close on **Tuesday, 8 September, 2009 at 8:00pm**. Changes may be made the day of the meet until 9:00 am. You will not need to report scratches.

LATE ENTRIES: Those schools entering after the 8 September 8:00pm deadline are subject to a \$50.00 later fee, payable upon check-in.

ENTRY FEE:

Entry fee is \$5.00 per individual or \$150.00 maximum per school. You may enter an unlimited number of competitors in all races, with the top seven finishers counting towards scoring or displacing.

Make cheques payable to Sierra High School, and mailed to Coach Anthony Chapman, Sierra High School, 1700 Thomas St., Manteca, CA 95337. It would be appreciated if you bring your entry fee with you to the meet, or have it posted beforehand.

TEAM AWARDS:

Varsity Races: This year we will be providing team awards in both large school (divisions I, II, & III)/small school (IV & V) divisions. Plaques will be awarded to the top three teams in each division.

Frosh-Soph Races: Plaque to the winning teams in large school/small school divisions.

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INDIVIDUAL AWARDS:

Shoe bags to the top ten finishers in Varsity and Frosh-Soph races, and top five of each gender in Junior Varsity combined race.

UNIFORMS:

All competitors must wear a school issued uniform. As this is an early season competition, uniforms will not be required to be identical.

FACILITIES:

No changing facilities are available, while restrooms are 200m from the start/finish area. Water, Gatorade and ice for emergencies will be available at the start/finish area.

MEET PACKET COLLECTION:

Race packets can be collected from the start/finish area beginning at 8:00am.

RESULTS:

'About Timing' is providing the results compilation and distribution. You should have a hard copy of the results when you depart from the meet, and results will also be posted on www.dyestatcal.com, www.athletic.net, <http://ca.milesplit.us>, and Stanislaus Cross Country blog by Rubin Esparza at <http://runninruben.blogspot.com>. We will e-mail results to local newspapers and all coaches as soon as possible after the conclusion of the meet.

DIRECTIONS TO LEGION-TUOLUMNE PARK IN MODESTO FROM HIGHWAY 99:

Exit at central Modesto exit. Take I Street into central Modesto under the 'Modesto Arch', turning right onto 14th, which becomes Yosemite Blvd. at large intersection. Turn right onto Santa Cruz Ave., and follow left around past Legion Hall onto Legion Park Dr., and continue along river until road turns left at Tioga Drive where the packet pick-up and start/finish areas are located 100m to the east.

PARKING:

Park in the dirt lot across the road from the start/finish area on Tioga Blvd. There is no admission fee to this park.

PARTICIPANT WAIVER OF RESPONSIBILITY FORM:

All participants must have the attached waiver of liability form completed and turned in prior to competing. Coaches, please turn in the completed forms when collecting meet packets prior the competition. *Thank you for your assistance in dotting our I's and crossing our T's!*

FURTHER INFORMATION:

Lisa Shrock: Home phone: 209.575-3034, mobile: 209.602-4023, e-mail: lshrock@pacbell.net or lshrock@musd.net.