

THE COURSE:

The Canyon course is a challenging 3.0 and 2.1 mile run, with hills, trails, and grass. The heart of the course is a hilly mile loop of trails and trees -- the Canyon - that makes up the last 1.1 mile of the race.

NEW FOR 2009 --

- on-line registration !! The Coaches' race and the Middle School races will still be hand-scored, but we will be entering the 21st century on the rest. Please follow entry procedures as listed.

Reminders:

- The Middle School races have been lengthened to 1.5 miles. As these races have become more popular, it is necessary to have a longer race to spread out the field.
- The Junior Varsity Races are now scheduled after the varsity races. JV squads that are entered without fielding a full varsity squad will be disqualified.

AWARDS:

Awards are listed on the schedule. Individual medals are handed out in the chute: team plaques are available as soon as results are posted.

COACHES' RACE -- Free !!

All finishers in the coaches' race receive medals, and all finishers who are paid coaches (honor system here) can redeem their finish card for a free T-shirt. Please fill out your name tags legibly for the eventual results posting.

Middle School/Elementary Race

Team plaques to the top boys' and top girls' team in each race. Medals to the top 25 boys and top 25 girls.

FEES:

\$15.00 per individual

\$30.00 per team

\$175.00 maximum fee

Make checks out to:

Castro Valley High School.

Middle School/Elementary Registration:

Middle School teams will register on a same-day basis, and the meets will be hand scored. Be sure to go to the Registration Table early to get your name tags and fill them out clearly.

FACILITIES:

Portable bathrooms are on the track.

Please arrive dressed to run.

A trainer will be on duty.

There will be a snack bar.

T-shirts will be on sale for \$15.00.

Entries and Registrations

All registrations (except the Middle School races) will be handled on-line at athletic.net. This requires each team to set up a team page in a few steps, and then enter this meet.

Entries are due Saturday, October 3

DIRECTIONS:

Going West on 580 --

take Castro Valley Boulevard exit;
turn left on Castro Valley Boulevard;
turn right on Crow Canyon Road;
turn left on Cull Canyon Road;
turn right on Heyer;
Canyon Middle School is on top of the hill.

Going East on 580 --

take Center Street exit;
turn left on Center and go over freeway;
turn right on Castro Valley Boulevard;
turn left on Crow Canyon Road;
turn left on Cull Canyon Road;
turn right on Heyer;
Canyon Middle School is on top of the hill.

Any Questions?

Feel free to call:

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