



Vista High School is proud to host:

the 28th Annual
Running Center
Southern California
Cross Country Invitational

Saturday, October 17th, 2009

Coaches,

We are very excited to announce that the So. Cal. Invitational will be taking place on October 17th, 2009 at Guajome Regional Park in Oceanside .

Vista high school is very proud to carry on the tradition of this incredible meet and we hope you will help us as well by attending and making this another memorable year of XC racing. ☺ We would like to extend a very special "thank you," to El Camino HS for not only entrusting us with this spectacular meet but also for the wonderful memories they have helped create in past years and their efforts in keeping XC tradition alive and strong in the North County.

Please let us know if you are planning to attend our meet this year:

School Name _____ *Phone* _____

Address _____

City, State, Zip _____

Girls Coach _____ *Phone* _____ *Email* _____

Boys Coach _____ *Phone* _____ *Email* _____

_____ *Girls Varsity*

_____ *Boys Varsity*

_____ *Girls JV*

_____ *Boys JV*

_____ *Girls Novice*

_____ *Boys Novice*

Race Format:

The *Running Center Southern California Cross Country Invitational* has 18 races. The Varsity races are all “match races,” i.e., your #1 Varsity boy will race against all the #1 boys from competing schools. The same is true with the #1 girls. In the next race, your #2 will compete against the #2 runners and so on for your seven top runners. The novice and JV fields are much larger than the varsity ones. Seniors, who are not in your top 7 are allowed to compete in the JV races.

The number of races:

This year we will be combining the #4 & #5 race and will do the same with the #6 & #7 race. The Division 1 and 2 JV and Novice runners will each have their own race. If a Freshman is in your top 7 he or she is expected to run in one of the varsity races. If you have a returning runner they are expected to run in the JV race and not in the Novice race. Novice races are intended for runners who are new to XC or new to High School level XC.

The Course:

We are happy to announce that **this year we will be having both the boys and girls varsity runners compete on our 5k course.** Our Guajome park course offers one of the premium cross country courses in San Diego . The boys JV and Novice runners will compete on the 5K course as well and the Girls JV and Novice runners will compete on our 2.4 mile course. San Diego is known for its great sunny climate but in previous years we have also experienced very wet and muddy conditions at this race. Please be prepared for anything ☺

Help for Smaller/Younger teams:

Competition at So.Cal is great every year with some of the best teams in our section as well as outside of our section going head to head. If you are concerned that your top runner is not strong enough to compete against the #1 runners of other schools please contact me: We will do our best to accommodate your needs.

If you are interested in participating this year’s meet or have additional questions please e-mail me. More information, including registration information will be coming soon via e-mail, Dyestat, and Track Mag. We will limit the meet to the first 30 schools. If you know of another HS who might be interested in attending our meet please forward on this information.

Thank you and we look forward to seeing you in October!

Sonia Rodriguez-Flores

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760-805-5238

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* Please send confirmations to me as I am handling all the admin tasks prior to raceday*