

THE MONTEREY BAY INVITATIONAL
TORO COUNTY PARK
FRIDAY EDITION
OCTOBER 16, 2009

It is our privilege to invite you and your athletes to the 9th annual Monterey Bay Invitational - Friday Edition, a Central Coast Section sanctioned meet. The 3.0 mile Championship course encompasses grass, wide dirt trails, long up and down paths, with some short hills in the middle 1.5 to 2.0 mile area. The course has gained the reputation as one of the best places to race. The park itself is an awesome place to have an invitational as there are lots of picnic and BBQ areas, bathrooms, large grass play areas nestled among hundreds of giant oak trees.

10/16/09 FRIDAY COMPETITION

DIVISION	TIME	LIMIT	DIVISION	TIME	LIMIT
J.V. Boys	3:00	none	Varsity Girls	3:30	7
Varsity Boys	4:00	7	J.V. Girls	4:30	none
F/S Boys	5:00	none			

AWARDS

Friday Competition: Team medals for the top 7 of the top 2 F/S, top 2 boys JV teams, top 4 girls JV teams and to the 3 top Varsity teams in each race. Individual medals to the top 30 all races.

ENTRY FEES: \$130.00 school max., \$30.00 per race, \$5.00 per individual. An additional \$25.00 fee if entries are not done through athletic.net. Make checks payable to: **NORTH SALINAS HIGH SCHOOL CROSS COUNTRY**

ENTRY DEADLINE: All rosters are due by Sunday, October 11th, 2009 at 8:00 p.m.. All entries will be handled through athletic.net. Please designate whether your team is competing on Friday. Friday competition will be limited to the first 25 teams signed up for that day. If you do not send entries through athletic.net and choose to pay the \$25.00 service fee, please email in **excel format** to xcnut@aol.com attn: MONTEREY BAY INVITE ENTRIES and include fields for: **LAST NAME** **FIRST NAME** **GRADE LEVEL** **GENDER** **SCHOOL** Contact is Alan Green (meet director) at (831) 796 -7579(S) or (831) 449-2627(H).

PARKING: Buses are free. All other vehicles are \$6.00. Vans filled with team members in uniform usually are not charged a park entrance fee.

Concessions and T-shirts will be available both days!

GREAT MEET!

LOTS OF MEDALS!

INCREDIBLE COURSE!

TONS OF FUN!

SEE YOU AT THE MONTEREY BAY INVITATIONAL!

Monterey Bay Invitational (#22837)

Online Entry Submission

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks. **Follow the 4 steps below to get started:**

1. Locate your school and sign up for a free coach account *(if you do not have one)*

- Go to the website: www.athletic.net
- Click on your level under "Cross Country"
- Click on your state, and then your school
- Once on your school's page, click the "**Sign Up Here**" link and follow the instructions
- After receiving the confirmation email, continue with these instructions

2. Add meets to your season calendar

- Use your email address and password to sign into the website, and click on your school's name in the left navigation bar
- Click "**Edit Calendar**" in the Coach Tools bar at the top of your school home page
- Where it says "Meet ID:" enter **22837** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar *(You can also add meets by date, if you don't know the Meet ID)*
- Verify on the "Edit Calendar" page that your calendar is correct. Use the Edit button next to the meet to make corrections.

3. Enter team roster

- Click "**Edit Athletes**" on the Coaches Toolbar, on your school's page
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Monterey Bay Invitational

- Locate **Monterey Bay Invitational** on your school's main cross country page and click on it
- On the right under **Team Tools**, click **Register Athletes**.
- Click **Increment Divisions** to quickly register all your athletes in the first race division,
- or manually select the race division for each athlete
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.