

**15th annual mustang/phair co. cross country invitational
Friday, September 10th, 2010—3:05 p.m. at rohr park**

Dear Coach,

I hope you are looking forward to a great summer. We are looking forward to your participation in THE FIFTEENTH ANNUAL MUSTANG/PHAIR CO. CROSS COUNTRY INVITATIONAL to be held at Rohr Park in Chula Vista beginning at 3:05 P.M. on Friday, September 10th, 2010.

I have included an entry sheet for you to indicate your interest in participating in this year's meet. Please mail this form back as soon as possible. You do not need to send entry fees at this time.

COURSE DESCRIPTION: The course is predominantly grass and dirt with a very limited amount of concrete and asphalt. It is also predominantly flat with only one short hill. It is definitely cross country but it is nice for early season since there are not any grueling hill stretches. Start and finish are in the same places for all races.

ENTRY FEES: Fees are \$35 per division entered with the exception of the coaches/Parents race which is free. There is a minimum entry fee of \$70 per school.

AWARDS: Medals will be awarded to 35 individuals in all varsity races and at least 25 individuals in Junior Varsity races. There will be trophies for the top 3 varsity and top 3 Junior Varsity teams in each division. Medals will be awarded for 7 individuals on the first 3 varsity teams and for 5 individuals on the top 2 Junior Varsity teams in each division.

RACE SCHEDULE

3:05 PM	BOYS' JUNIOR VARSITY SILVER DIVISION **	2.2 MILE COURSE
3:30 PM	BOYS' JUNIOR VARSITY BLUE DIVISION **	2.2 MILE COURSE
3:55 PM	GIRLS VARSITY SILVER DIVISION	2.2 MILE COURSE
4:20 PM	GIRLS VARSITY BLUE DIVISION	2.2 MILE COURSE
4:45 PM	BOYS' VARSITY SILVER DIVISION	3.1 MILE COURSE
5:10 PM	BOYS' VARSITY BLUE DIVISION	3.1 MILE COURSE
5:35 PM	GIRLS' JUNIOR VARSITY SILVER DIVISION	1.65 MILE COURSE
5:55 PM	GIRLS' JUNIOR VARSITY BLUE DIVISION	1.65 MILE COURSE
6:15 PM	BOYS OVERFLOW RACE ** (NO AWARDS)	2.2 MILE COURSE

**THE JV BOYS RACES ARE LIMITED TO 20 ATHLETES/SCHOOL ANY IN EXCESS OF 20 RUNNERS WILL RUN IN THE BOYS OVERFLOW RACE— FOR THOSE SCHOOLS RUNNING A JV BOYS TEAM, THERE IS NO CHARGE FOR RUNNERS IN THE OVERFLOW RACE.

We look forward to having your team join us for an exciting and enjoyable afternoon of cross country races. Please let me know ASAP whether you plan to participate in the Mustang XC Invitational. If you have an e-mail address you use, please include that on the form from page 2 of this information sheet. I will be using e-mail for future correspondence. **Note that you will need to enter a roster at <athletic.net> of all possible athletes one week before the meet.**

Have a great summer—you may reach me at (619) 422-5416(home) or (619) 591-5000 (school). I go back to work on July 19TH. After July 1st, you may also contact me at ian.cumming@suhsd.k12.ca.us.

Best Wishes,

Ian Cumming

2010 mustang/phair co. cross country invitational

Friday, September 10th—3:05 pm

Coaches,

If you wish to enter your team in The 15th Annual Mustang Cross Country Invitational scheduled for Friday, September 10th, please return this sheet by Friday, July 30th. You may send your entry fees later. Entry fees will be \$35 per division or \$7 per individual with a minimum of \$70/school. Please check each category, which you plan to enter. I will use e-mail for all communication.

SCHOOL: _____ **GIRLS' COACH:** _____

HOME PHONE: _____ **SCHOOL PHONE:** _____

school ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

E-MAIL ADDRESS: _____

SCHOOL: _____ **BOYS' COACH:** _____

HOME PHONE: _____ **SCHOOL PHONE:** _____

school ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

E-MAIL ADDRESS: _____

(PLEASE MAKE YOUR BEST GUESS ON THE # OF RUNNERS/RACE)

OF RUNNERS FOR THE GIRLS VARSITY RACE: _____

OF RUNNERS FOR THE JR. VAR. GIRLS RACE: _____

OF RUNNERS FOR THE BOYS' VARSITY RACE: _____

OF RUNNERS FOR THE JR. VAR. BOYS RACE: _____

OF RUNNERS IN OVERFLOW BOYS RACE: _____

ENTRY FEES=\$35 X THE NUMBER OF DIVISIONS ENTERED OR \$7/ INDIVIDUAL (REMINDER THAT YOUR TOP 7 INDIVIDUALS NEED TO RUN VARSITY UNLESS OKAYED BY MEET DIRECTOR). THE overflow boys RACE IS FREE FOR those schools entering the jv boys race. \$70 IS THE MINIMUM ENTRY FEE PER SCHOOL.

PLEASE MAIL YOUR ENTRY TO: IAN CUMMING

OTAY RANCH HIGH SCHOOL

1250 OLYMPIC PARKWAY

CHULA VISTA, CA. 91913

E-MAIL: ian.cumming@suhsd.k12.ca.us or (619) 422-5416/(619) 591-5000

Best Wishes, Ian Cumming