



29th Annual

RUNNING CENTER

Southern California Cross Country Invitational Saturday, October 16th, 2010

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:

We will again 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:

Once again **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 etc. please contact us: We will do our best to accommodate your needs.

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

Sonia Rodriguez-Flores
Srodrigu24@yahoo.com
760-805-5238

Pete Brooks
PeterBrooks@vusd.k12.ca.us
760- 470-2435



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**Southern California Cross Country Invitational
Saturday, October 16th, 2010**

REGISTRATION INFORMATION

Cost: \$35 per race entered for a team (5 or more athletes) and \$7 per individuals.

Registration: Check out our meet site on www.athletic.net. You will need to have an account with athletic.net to enter your roster. Enter the appropriate number of athletes per race. **Deadline:** October 6th, 2010.

Races Available:

- Girls & Boys Varsity (1,2,3, 4&5, 6&7)
- Girls & Boys JV (D1, D2)
- Girls & Boys Novice (D1,D2)

Awards: Top 10 will receive medals in Varsity races, Top 25 will receive medals in JV/Novice races. Trophy will be awarded to overall #1 Girls & #1 Boys team. Special prizes will be provided to top 3 finishers in each race as well.

Schedule:

Mens Races		Womens Races	
5,000 Meters Varsity #1 Boy	8:20 AM	5,000 Meters Varsity #1 Girl	8:00 AM
5,000 Meters Varsity #2 Boy	8:55 AM	5,000 Meters Varsity #2 Girl	8:35 AM
5,000 Meters Varsity #3 Boy	9:30 AM	5,000 Meters Varsity #3 Girl	9:10 AM
5,000 Meters Varsity #4 & 5 Boy	10:05 AM	5,000 Meters Varsity # 4 & 5 Girl	9:45 AM
5,000 Meters Varsity #6 & 7 Boy	10:40 AM	5,000 Meters Varsity # 6 & 7 Girl	10:20 AM
5,000 Meters Div. II Novice Boys	11:15 AM	2.4 Mile Div. II Novice Girls	10:55 AM
5,000 Meters Div. I Novice Boys	11:55 AM	2.4 Mile Div. I Novice Girls	11:35 AM
5,000 Meters Div. II JV Boys	12:35 PM	2.4 Mile Div. II JV Girls	12:15 PM
5,000 Meters Div. I JV Boys	1:15 PM	2.4 Mile Div. I JV Girls	12:55 PM

*** Possible Coach's Race----Update-Details to follow***

Make checks payable to: Vista Panther Cross Country Boosters

Send entry fees to: Vista High School, One Panther Way Vista, CA 92083

Attention: Sonia Rodriguez-Flores & Peter Brooks

Questions-Concerns: srodrigu24@yahoo.com - PeterBrooks@vusd.k12.ca.us

COACHES,

THANK YOU FOR YOUR INTEREST IN THE 2010 So. CAL. INVITATIONAL WHICH WILL BE TAKING PLACE ON OCTOBER 16TH, 2010 AT GUAJOME REGIONAL PARK IN OCEANSIDE.

PLEASE LET US KNOW IF YOU ARE PLANNING TO ATTEND OUR MEET AND IF YOU ARE THINKING OF BRINGING YOUR FULL SQUAD.

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.

PLEASE LET US KNOW IF YOU ARE PLANNING TO ATTEND:

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*

****IF YOU ARE MAILING OR FAXING THE ENTRY FORM PLEASE FORWARD IT TO:
VHS XC ATTENTION: SONIA RODRIGUEZ & PETE BROOKS.**

**** IF YOU E-MAIL PLEASE CC THE BOTH OF US ****
SRODRIGU24@YAHOO.COM PETERBROOKS@VUSD.K12.CA.US

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