



## **Cal Poly Cross Country Invitational - Saturday, October 15th, 2016**

### **REGISTRATION:**

Teams and individuals MUST register online at [www.RunnerCard.com](http://www.RunnerCard.com). We will not accept faxed or late entries. There will be two divisions to register for: College/Open and High School.

Only individuals competing in the College/Open race are required to pay online. All teams should pay entry fee at the meet when picking up race packet.

### **FEES:**

High School and College/Open teams (up to seven runners): \$100 (per gender); \$10 for each additional athlete over seven.

Open Individuals: \$20 per athlete plus a \$2 transaction fee will apply when registering.

**REGISTRATION DEADLINE:** Friday, October 7th at 5 p.m.

**CONTACT INFO:** (805) 756-2235 / (805) 756-1130

**LOCATION:** Fairbanks Memorial Cross Country Course, Cuesta College. From US 101, take the Highway 1 exit toward Morro Bay for approximately five miles. From Hwy. 1, turn right on Education Drive, across from Cuesta College. The course will be on your left from Education Drive.

### **RACE SCHEDULE:**

<b>Time</b>	<b>Race</b>
9:00 a.m.	University/Open Women 5k
9:30 a.m.	University/Open Men 8k
10:00 a.m.	HS Div. 1, 2, 3, 4 and 5 Girls 5k
10:30 a.m.	HS Div. 1, 2, 3, 4 and 5 Boys 5k
11:00 a.m.	HS Jr. Varsity Girls, all divisions, 2.5 miles
11:30 a.m.	HS Jr. Varsity Boys, all divisions, 2.5 miles

### **PLEASE NOTE:**

DIVISIONS 1, 2, 3, 4, and 5 RACES ARE COMBINED TO ENHANCE COMPETITION AND ALL DIVISIONS WILL BE SCORED SEPARATELY. YOU MAY ALSO REQUEST TO MOVE UP A DIVISION ON YOUR ENTRY FORM.

### **YOUR RACE MAY START EARLIER THAN SCHEDULED!**

The course is excellent for spectators and coaches. It is 99% dirt with rolling hills and a bridge crossing. All races start from a common start and end on a common finish line. Please review the maps to familiarize yourself with the course.

### **Spectator Parking**

Parking for spectators is at the Cuesta College parking lots. Busses and vans can unload by the course and proceed up Education Drive for parking. There will be parking monitors on the day of the race.

## **INFORMATION SHEET**

**PARKING:** Parking for spectators is at the Cuesta College parking lots. Busses and vans can unload by the course then follow the directions given by the parking attendant at the main entrance to the course. There will be no parking next to the course or on any roadside.

**PLEASE INSTRUCT** your athletes and/or spectators to stay off the course unless warming up for their race. Pay special attention to police trash in your area.

**DRINK PLENTY OF WATER THROUGHOUT THE DAY!**

**COURSE:** Maps are included and will also be found in each packet. The course is marked and there will be monitors at major turns. If runners overlap on the course, they must stay to the right side of the trail. Note the 5k course, and the JV course is 2.5 miles.

**UNIVERSITY/OPEN RACE:** The college, open, and university races are combined to enhance competition. You may enter up to 14 athletes in the race. Only the top seven runners will count for scoring.

**RACE NUMBERS:** DO **NOT** pin the lower tag portion of the number bibs!!! Numbers are to be worn on the FRONT of the jersey. DO NOT WRITE OVER THE BAR CODE! DO NOT FOLD THE NUMBERS. THE TAG MUST BE QUICKLY REMOVED IN THE FINISH CHUTE BY OFFICIALS.

**HIGH SCHOOL RACES:** High schools will have only one team score per race. Only the top seven runners will count for scoring. Any race number may be worn in the varsity races. You may run a JV listed runner in the Varsity race and vice versa. If you run an athlete that was NOT on your entry form, she/he must wear the number of another athlete who is NOT running. The results will only list the original name on the number. **YOU MAY RUN MORE THAN SEVEN RUNNERS IN THE VARSITY RACE AND THE JV RACE.**

**THE START:** Teams will be placed on the start line from the left to right as you face the course, according to the start list included in your packet. Teams must report to the start TEN MINUTES PRIOR TO THE START of the race. Two commands will be given, a verbal "SET", then the GUN. The race may be recalled if the starter rules an unfair start for any reason.

**THE FINISH:** Keep moving through the chute! If a runner collapses, a helper will walk through for the runner with the tag. Runners will be asked to remove the tear away portion of their tag while in the chute. YOUR ATHLETES WILL BE EXPECTED TO JOG THROUGH THE CHUTE.

**T-SHIRTS:** Cal Poly Invite T-Shirts will be on sale at the awards table. Get yours early before they run out!

**TRAINERS:** Athletic trainers request that all athletes drink plenty of water before and after the race and throughout the day. They will be available one hour before race time across from the finish chute.

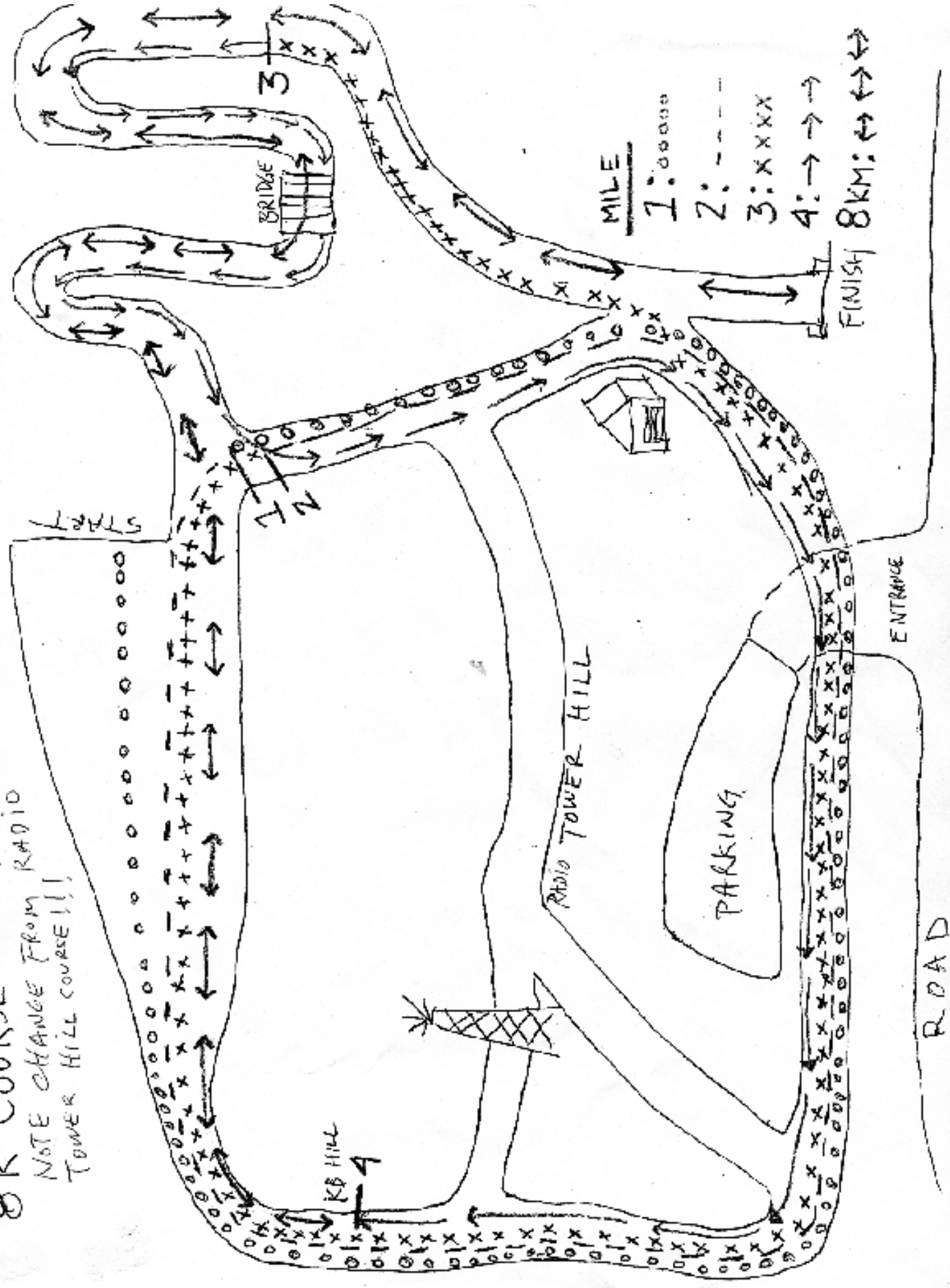
**AWARDS:** Check the awards window at the shed for all awards.

**HIGH SCHOOL:** Awards will be given to the top individuals (4) IN EACH DIVISION. The winning team (7) will also receive an award.

**UNIVERSITY/OPEN:** The first-place team (7) plus the race winner will receive awards.

**ALL AWARDS MUST BE PICKED UP AT THE AWARDS TABLE. NO AWARDS WILL BE MAILED!**

8K COURSE MAP  
 NOTE CHANGE FROM RADIO  
 TOWER HILL COURSE!!!



MILE

1: ooooo

2: - - - - -

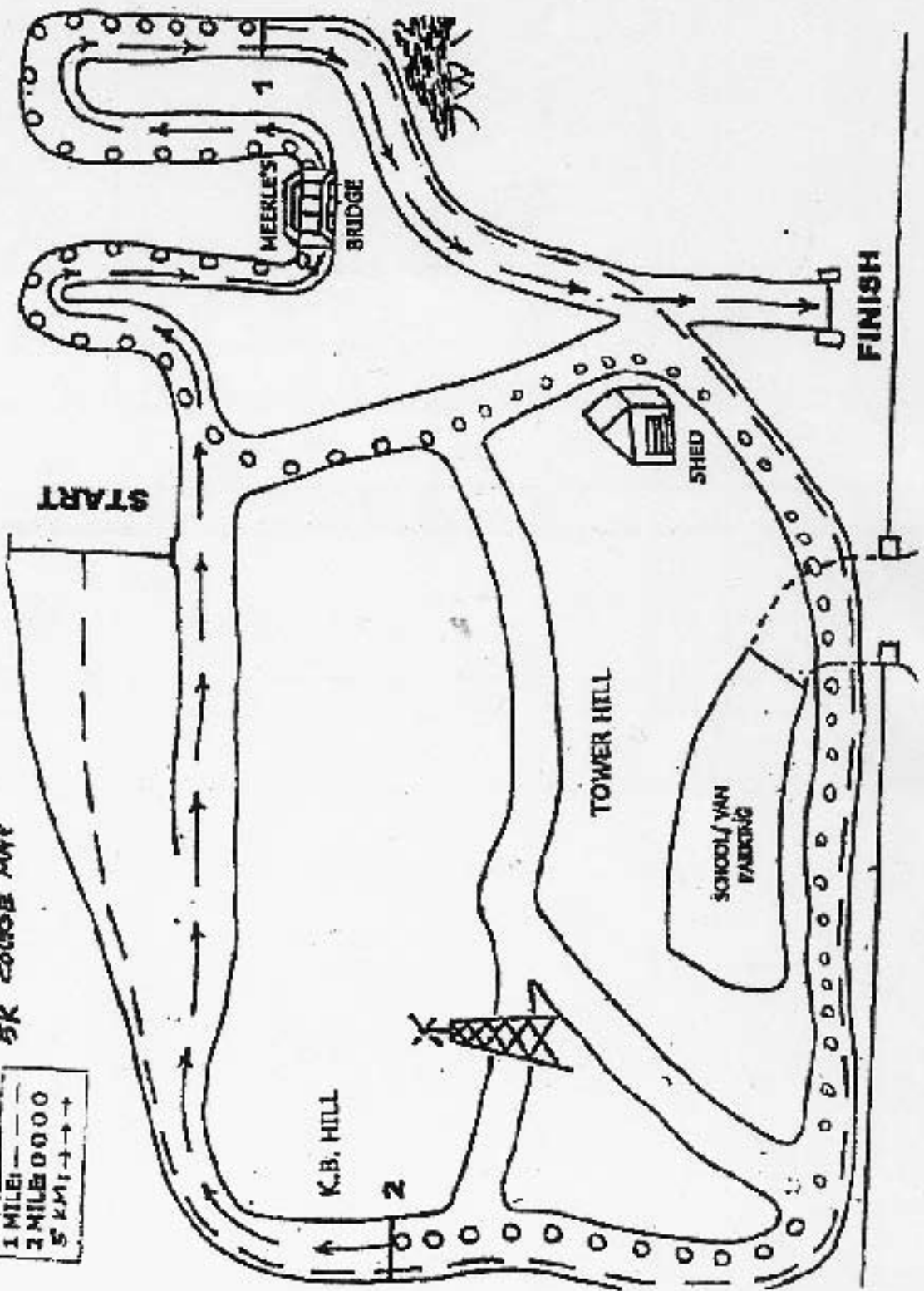
3: x x x x x

4: ↑ ↑ ↑

8KM: ↔ ↔ ↔

5K COURSE MAP

1 MILE: ---  
2 MILES: 0000  
5 KM: + + + +



Junior Varsity  
2.5 MILES  
COURSE MAP

1 MILE: — — — — —  
2 MILE: — — — — —  
2.5 MILE: — — — — —

