

San Diego SoCal RoadRunners CROSS COUNTRY MEET

**** SUNDAY, October 26, 2008 ****

MEET DIRECTOR: Mike Mena (760) 414-1908

MEET LOCATION: Buena Vista Park (Duck Pond), Vista, California

COURSE WALK: 8:00 A.M. This course is a generally flat loop, running on dirt, grass, and pavement with one short wooden bridge, and one **LARGE** hill.

START TIME: 9:00 A.M.

ENTRY FEES: \$ 3.00 per athlete and \$ 10.00 per team entry.

For Pre- REGISTRATION:

All entries must be received no later than **October 23, 2008.**

Mail entries & fees to San Diego SoCal RoadRunners, 212 Ardys Place, Vista Ca 92084
or e-mail socalroadrunners@cox.net early registration helps run a smoother and faster meet.

AGE DIVISIONS:

Sub-Bantam (born 2000 and later) – 2k run (1.2 miles)

Bantam (born 1998-1999) – 3k run (1.8 miles)

Midget (born 1996-1997) – 3k run (1.8 miles)

Youth (born 1994-1995) – 4k run (2.4 miles)

Intermediate (born 1992-1993) – 4k run (2.4 miles)

Parents & Coaches Open 4K Race

AWARDS:

Metals to 1th thru 5th Place runners and participant ribbons to all
1st Place trophies to each winning team, **must** be 3 teams per division

Only the top 3 runners score for teams

Trophies will be given out at the next meet

DIRECTIONS:

Coming from the North, take the (I-5) south and exit on highway 78 east. Proceed on highway 78 East to Melrose Street. Take the Melrose exit. Make a right on Melrose, and precede approx. 3 miles to Shadowridge Dr. Make a right on Shadowridge Dr, and go down to next stoplights. Park is on the left hand side. **Parking is very limited in the park please park on the street.**

Coming from the South, take (I- 15) north to Highway 78 West. Proceed on Highway 78 West. Exit at the Sycamore exit. Proceed on Sycamore and make a right on Shadow Ridge. Go down approx. 3.5 miles, crossing over Melrose. The park is on left hand side.

Parking is very limited in the park please park on the street.

*** There will be a Concessions Stand for Refreshments and Food ***