

3rd Annual
South Orange County Wildcats



Cross Country Invitational
Sunday October 12, 2008
Laguna Niguel Regional Park

Start Time: Course Walk – 7:15am, First Race – 8:00am

Site: Laguna Niguel Regional Park
28241 La Paz Road Laguna Niguel, CA

Directions:

From San Diego: 5 North to Crown Valley Exit, Turn Left, then Right on La Paz. The Park's main entrance is on the left hand side

Parking: \$5.00 per car

Divisions:

Sub Bantam:	2000 and later	2000m (8:00am) (Combined Boys & Girls)
Bantam:	1998 – 1999	3000m
Midget:	1996 – 1997	3000m
Youth:	1994 – 1995	4000m
Intermediate:	1992 – 1993	4000m (Intermediates /Youth)

Course: The course is a generally flat around the lake, running on dirt, grass, and pavement with one short hill.

Awards: Custom trophies to the first three (3) finishers. Medals (4th – 10th place) Ribbons for all finishers. Team trophies will be awarded to the first place team in each division (Divisions must have a minimum of three teams registered) A Team will consist of at least 3 athletes and a maximum of 5 runners per team to be eligible for team awards.

Entry Fee: \$3.00 per individual entry and \$10.00/team