

TO: CENTRAL COAST SECTION CROSS COUNTRY COACHES

FROM: Verne E. Thornburg, Lynbrook High School

This bulletin is to inform you of the facilities at the site of the Central Coast Section Cross Country Meet and the particulars of the center meets to be held at the same site.

DATES OF THE MEETS:	1st Center Meet	Thursday October 17, 1968
	2nd Center Meet	Thursday October 24, 1968
	3rd Center Meet	Thursday October 31, 1968
	4th Center Meet	Thursday November 7, 1968
	CCS	Wednesday November 27, 1968

other meets for Region II

WVAL Championships	November 13, 1968
STAL Championships	November 14, 1968
SOVAL Championships	November 15, 1968
Region II Qualifying	November 21, 1968

ALL OF THE ABOVE MEETS WILL BE HELD AT COYOTE PARK, SAN JOSE. PLEASE REFER TO THE MAP INCLUDED IN THIS PACKET.

ENTRY FEES: Entry fees for the center meets are ten (10) cents per boy per meet. Please send entry fee check with entry blank to Verne E. Thornburg, so that it will be received three days before the meet, i. e. in Monday's mail delivery. Because the Lynbrook mail goes to our district office first, the entry fee check with entry blank should be mailed on Thursday of the week before to arrive on time.

There is no entry fee for the Section Cross Country Meet.

The address is as follows: Coach Verne E. Thornburg
Lynbrook High School
Fremont Union High School District
PO Box 8, Sunnyvale, California,
94087

ORDER OF EVENTS: The following schedule is proposed; the management hopes that the heats will be even in number of runners and that such heats will start on time.

3:00	Varsity
3:15	Freshmen
3:30	Sophomores
3:45	Junior Varsity
4:00	Varsity
4:15	Freshmen
4:30	Sophomores
4:45	Junior Varsity
5:00	Varsity

Please indicate hoped time of arrival and in what heats you wish to run. First entries will be given their heats. Late entries will run wherever there is room.

- GENERAL DATA:
1. The maximum number of runners in any one race from one team is 12, except in the case of the Varsity, where there is a limit of seven.
 2. A school may enter any two of the four center meets.
 3. Lavatory facilities will be available.
 4. Since the warmup and finish area is far away from drinking facilities, please bring your own water if so desired.
 5. There are no dressing nor shower facilities, so please come dressed.
 6. Bus and car parking areas are close to the start, finish, and warmup areas.
 7. Coaches are requested to refrain from impeding the progress of runners in the chute.
 8. There will have to be several "out of bounds" areas this year at Coyote Park. Upon arriving and checking in, please have a team meeting to discuss the heats and warm up areas with your team. Please note the "out of bounds" to each person or runner associated with your team. Thanks.
 9. This will be the first year on the Coyote Park Course, and since we in Santa Clara County wish to finally have "our own course", we hope your runners will behave in such a manner that credit will be reflected on your school and cross country in general.
 10. A packet will be waiting for you at the parking area, so check in as soon as possible.

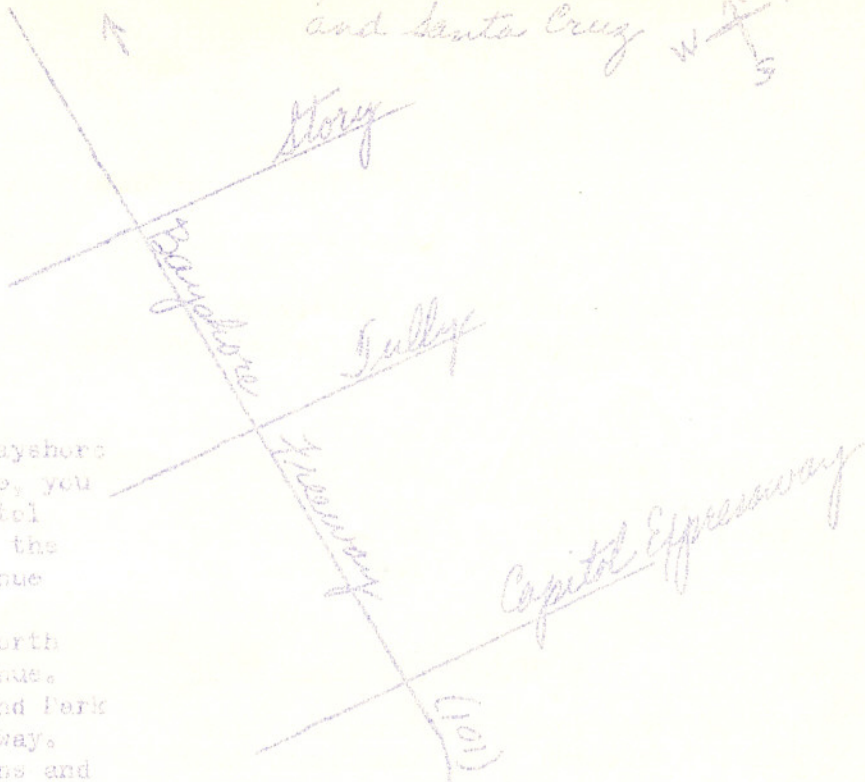
See you at Coyote,

Vern E. Thomburg

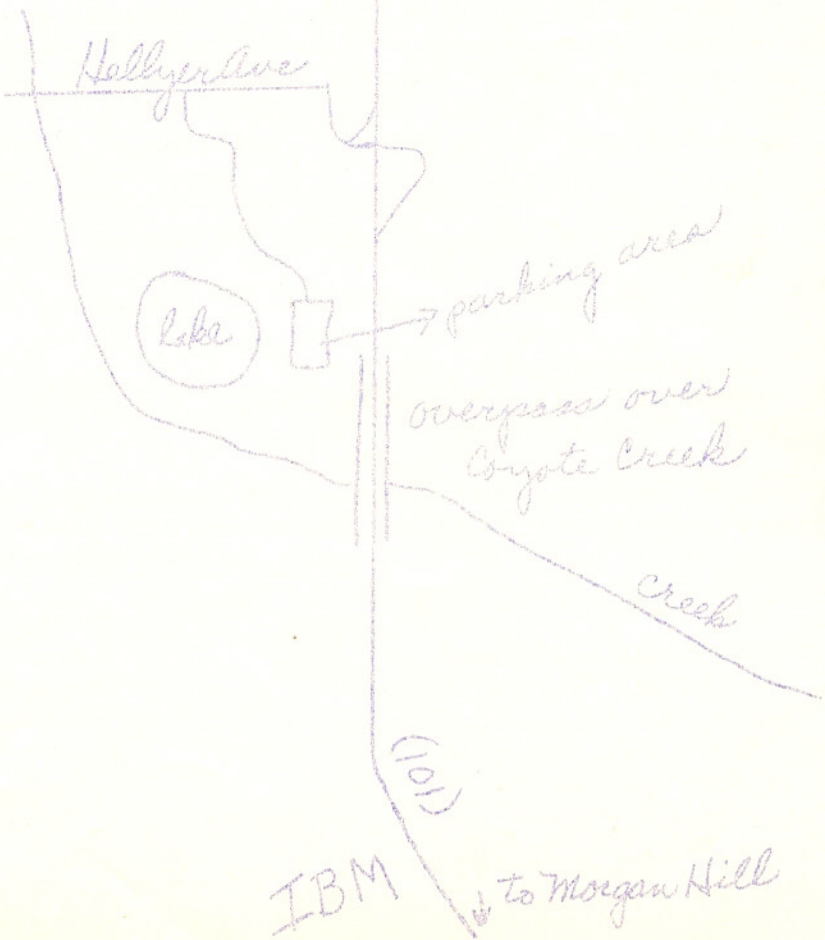
*Home phone 379-0474 area code 408
7-9 p.m.*

COYOTE PARK SAN JOSE

to Oakland, San Francisco
and Santa Cruz



Coming from the North on Bayshore Freeway (101) thru San Jose, you pass Story, Sully and Capitol overpasses. Turn right off the freeway at the Hellyer Avenue Turnoff. You make a strong turn to the right and go North a few yards to Hellyer Avenue. You will see Coyote Lake and Park when you turn off the freeway. Please just follow the signs and streamers to the parking areas. Coyote Park is located right next to the freeway, and should be easy for everyone to reach.



Coming from the South on the Bayshore Freeway (101), you pass the IBM plant on the left and next pass over the creek and park on the passover. Once over the passover, Hellyer Avenue is next. Turn off freeway to Hellyer Avenue. Once over the freeway, you should see Coyote Lake and Park. Follow signs and streamers to parking areas. Should you miss the turnoff, Capitol Expressway clover leaf isn't too far away to turn around and come back to Hellyer Avenue turnoff.

IBM ↓ to Morgan Hill