

Step

WELCOME TO CRYSTAL SPRINGS

CENTRAL COAST SECTION
CROSS COUNTRY FINALS

November 26, 1969
Wednesday

RULES: National Federation Cross Country Rules will govern, except where they conflict with C.I.F., Central Coast Section Rules. In such cases, C.I.F., Central Coast Section Rules will govern.

AWARDS: C.I.F. Plaques will be awarded to the 1st, 2nd, and 3rd place teams. Perpetual trophy will be awarded to 1st place team. (Homestead now has it) Medals will awarded to the top 15 individuals.

LENGTH OF RACE: The length of the course will be approximately 2.5 miles.

ORDER OF RUNNING: weather could change order of running. Do not be late. We will not hold any race. Participants will not be allowed out on the course before, during or after races. This rule will be strictly enforced.

3:00pm JUNIOR VARSITY DIVISION

3:15pm FROSH DIVISION

3:30pm SOPHOMORE DIVISION

3:45pm VARSITY DIVISION

As soon as your scoring envelope has been completed, please return it to the scoring table. Please place the year in school of each participant on the every placing tag. This will help us compile the top times for the course.

RECORDS: VARSITY (team)			INDIVIDUAL: SENIOR	
Mills	59:09	1967	Bernie Lahde, St. Francis	11:11 1967
JUNIOR VARSITY			JUNIOR	
Homestead	64:43	1969	Hans Templeman, Carlmont	11:26.4 1969
SOPHOMORE			SOPHOMORE	
Mt. Pleasant	63:11	1969	Bob McCarty, St. Francis	11:48 1967
FROSH			Frosh	
Carlmont	65:24	1969	Brooks MacMithcell, Terman	12:06 1969

BEFORE LEAVING YOUR TEAM AREA---PLEASE POLICE AREA AND RETURN ALL GARBAGE TO FINISH AREA. This includes this paper.

Sincerely,
Loren Lansberry
Meet Manager