

FIRST ANNUAL APTOS HIGH SCHOOL CROSS COUNTRY MEET

SATURDAY, OCTOBER 3, 1970

Coach:

You are invited to compete in our first annual Cross Country Meet to be held at Aptos High School.

All schools in the Central Coast section will be invited. There will be four divisions: Varsity, Junior Varsity, Sophomore and Frosh.

Medals will be awarded to the top fifteen (15) finishers in the four divisions. Seven medals--trophies will be presented to the first, second and third place teams in Varsity, Sophomore and Frosh. A trophy will be presented to the school with the best over-all performance in the three divisions.

The entry fee will be \$15.00 per school or \$5.00 per team entering in each division. Junior Varsity will have no entry fee. Incomplete entry will be 50 cents per runner. (No limit on amount of runners per team.)

No pre-signups, all entries and payments will be made the day of the meet prior to the start of the first race.

The course is 2.4 miles in length. The course will run through Redwood pines, a few steep hills, sand and grass. Shoes are recommended.

For any further information, contact me at Aptos High School. The phone number is 688-6565, ext. 51. You may also call my home if you can't reach me at school. The phone number is 688-5762.

First race starts at 10 a.m.--hope you can make it!!

Bill

Bill Warmerdam
Cross Country Coach

BW:nl