

HILLS HIGH SCHOOL
2nd Annual
Freshmen Harriers Run

November 13 (Sat.), 1971

- PLACE:** Mills High School
400 Marchison Drive
Millbrae, California 94030 (415) 697-3344 Ext. 14
- STARTING TIME:** 10:00 a.m. --- Walk the Course
11:00 a.m. --- Starting Time
- DIRECTIONS:** The main turn-off to reach Mills High School is located just south of the San Francisco International Airport on the Bayshore Highway, U.S. 101. Take the Millbrae turn-off and head west on Millbrae Avenue for approximately one-quarter mile. Mills High School will be on your left. The parking lot is located on the west side of the campus.
- NATURE OF MEET:** This is an event that will be sponsored annually by Mills High School as an effort to promote Freshmen Cross Country. It is hoped that by having a special meet just for freshmen may help you in interesting more of the younger boys in the sport.
- ELIGIBILITY:** Only for officially enrolled freshmen who are cleared for competition by the C.I.F. This meet has been sanctioned by the C.I.F.
- NATURE OF THE COURSE:** The course is laid out entirely on the campus of Mills High School. It has been the only course in the Mid-Peninsula League which has been used in the League Finals. The course is considered interesting and challenging. It has five good up-grades and 5 down slopes mixed with a number of level stretches of both dirt and grass (the total distance of the course is slightly under three miles). The course may be run entirely in spikes, if runners so desire.
- ENTRY FEE:** Team: \$5.00 per team or \$1.00 per runner not entered as a team. Additional runners in excess of the seven (7) man team - 50¢, but in no case is total fee to exceed \$7.50 regardless of number entered.
- SCORING:** Seven men constitutes a team. First five places on each team count for the total score. Sixth and seventh places displace.
- Each runner will wear a scoring card on his shirt (attached by a large paper clip) which will be immediately collected at the end of the finish chute. Cards will be immediately placed on a scoring board for rapid scoring. *All cards must be filled in completely!
- AWARDS:** Team: Trophies for 1st through 3rd
Ribbons for 1st through 4th (seven per team)
- Individuals: Trophies for 1st through 3rd place
Medals for 4th through 15th
Ribbons for placers 15th through 30th

FINISH CHUTE OPERATION: Each runner will immediately give his card to the scorer at the end of the finish chute. This card will be promptly put on the scoring board for rapid scoring and placing. All cards should be printed clearly with the required information.

WARM-UP AREA: Warm-ups are to be taken within the infield area of the track area.

DEADLINE: Please send entries to the meet director no later than Thursday, November 11, 1971.

Meet Director: J. C. Dees
Mills High School
400 Murchison Drive
Millbrae, California 94030

TEAM INFORMATION: If you have any information which would be of interest in the forming of pre-meet information, please send me this.

NEXT YEAR: If there is enough interest in this type of a run we will break schools up into large, medium and small schools next year and increase the number of awards.

SPECIAL INFORMATION

1. Pick up scoring cards at the finish chute. (Finish Line Table)
2. Bring you own towels.
3. Team may use the Mills High School Locker Room for dressing facilities. Please request that your runners do not disturb any of the lockers or items in the area.
4. Each individual will be responsible for his valuables. It is advised that nothing be left unlocked including your clothes - lockers will be available for those bring personal locks.
5. Change of entries may be made by the coach without notifying the officials.
6. Each athlete should turn in their score card immediately before leaving the finish chute and should be sure to stay in line while in the chute.
7. Immediately after official results of the race awards will be presented. A victory stand will be used so you may desire to bring your cameras.
8. If the results cannot be completed before the teams leave, each school will be sent copies of the results.
9. Coaches or athletes will not be allowed to give times to athletes or physically aid athletes during the race.
10. Make all checks payable to: Mills Harriers Run

Records:

Freshment to ever break 17:00 on the course:

1. Dave Steil 16:21 Burlingame 11-13-70
2. Jim Evans 16:33 Mills 11-13-70
3. Bill Hastings 16:51 Crestmoor 11-13-70

Team: Mills High School - 90:12 11-13-70
Leigh High School - 90:33 9-17-71

Course Records (Varsity):

Individual - J. Bellah (12) 15:05.3 Leigh High School 9-13-71
Team - San Mateo and Hillsdale 79:59 11-13-70

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ENTRY BLANK: Return no later than November 11, 1971

SCHOOL: _____

ADDRESS: _____

TOTAL SCHOOL ENROLLMENT: _____ Double if all boys' school

RUNNERS: 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Any additional put on lower part of page

COACH: _____

ENTRY FEE: \$5.00 per team or \$1.00 per individual not entered as a team, additional runners 50¢ per runner in excess of official 7 man team. Total entry fee should not exceed \$7.50 regardless of number entered. We would appreciate receipt of check prior to meet, but if this is not possible, bring day of meet. This run is not intended to be a money maker - any excess, if this should be the case, will be added to future awards.

MAKE CHECKS PAYABLE TO: Mills Harriers Run

MAIL TO: J.C. Dees, Meet Director
Mills High School
400 Murchison Drive
Millbrae, California 94030