

CENTRAL COAST SECTION CROSS COUNTRY CHAMPIONSHIPS-1972

DATE: WEDNESDAY, NOVEMBER 22nd

SITE: MT. MADONNA PARK

TIME: 2:15 COACHES MEETING
2:30 FIRST RACE

<u>ORDER OF RACES:</u>	<u>TIME</u>	<u>DIVISION</u>
	2:30	SMALL SCHOOL VARSITY
	2:40	MEDIUM SCHOOL VARSITY
	2:50	LARGE SCHOOL VARSITY
	3:00	SMALL SCHOOL FROSH-SOPH
	3:10	MEDIUM SCHOOL FROSH-SOPH
	3:20	LARGE SCHOOL FROSH-SOPH
	3:30	FRESHMAN
	3:40	JUNIOR VARSITY

THE FOLLOWING RULES WILL BE IN EFFECT SINCE THIS IS A CHAMPIONSHIP MEET.

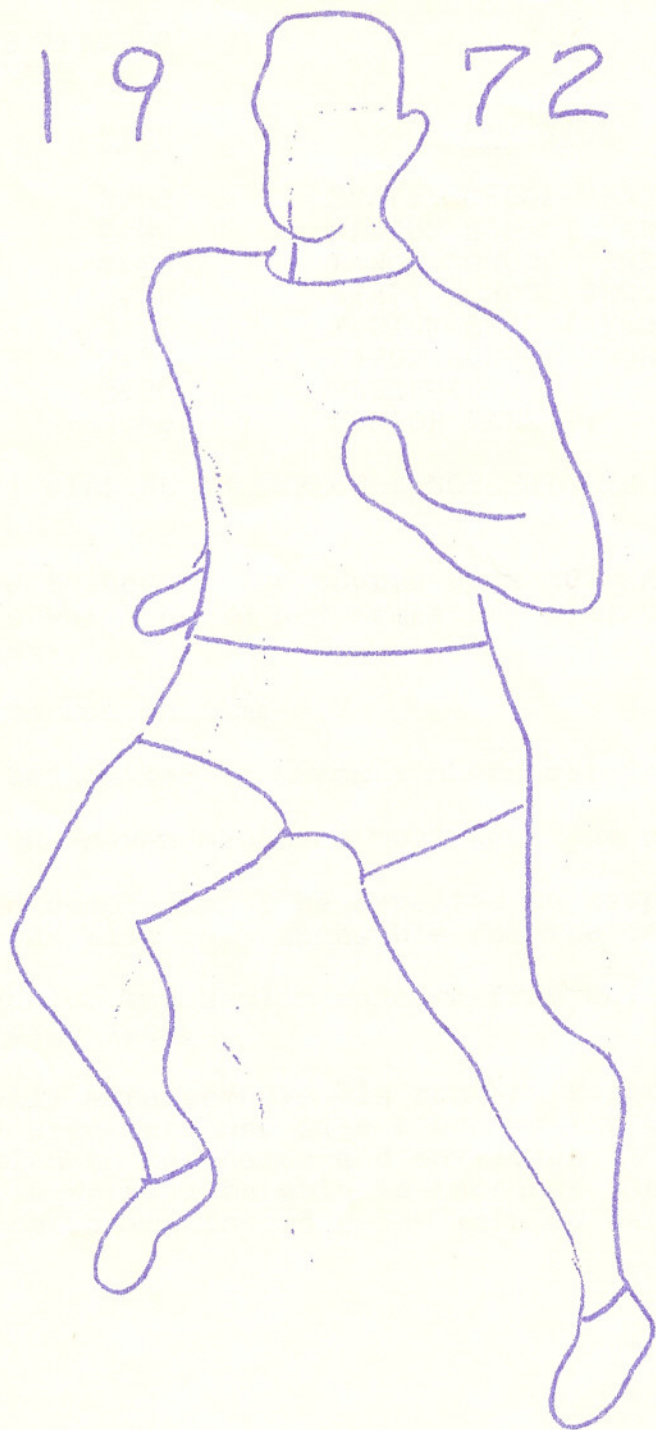
1. All athletes are to be off the course by 2:20. Any athlete on the course during a race in which he is not competing will result in the disqualification of that team.
2. All races will be run on time.
3. Each race will be limited to seven runners per team.
4. All members of one seven man team must wear the same uniform.
5. All athletes and coaches will be expected to keep the park as clean as possible. Coaches will be responsible for the conduct of their athletes.
6. The top five Junior and Senior runners from any school are ineligible for the Junior Varsity Race.
7. If each coach will arrange ^{to} have his runners report to him at the conclusion of a race, at a predetermined site close to the finish line, fill in the proper information on the cards and envelopes, turn this information into the scorers table we will be able to announce the results more quickly. We need your cooperation in order for this to be successful.

GOOD LUCK

KEN THOMAS
MEET DIRECTOR

CENTRAL COAST SECTION CHAMPIONSHIPS

19 72



M.T. MADONNA PARK

NOVEMBER 22, 1972