

Sixteenth Annual

SUNNYVALE HIGH INVITATIONAL CROSS COUNTRY MEET

Saturday, September 29, 1973  
Distance 2 1/4 Miles

To: Cross Country Coach

Your school's cross country teams are invited to compete in Sunnyvale's 16th Annual Invitational. Hopefully, this year's meet will be better than ever.

There will be competition at the frosh, soph, JV-open div. and varsity levels. There will be medals for the top ten runners in the frosh, soph, and varsity competition; ribbons for the top ten JV-open div., and team trophies for the top three schools in frosh, soph, and varsity divisions. There will also be a special award for the coach whose school has the best overall performance. To be eligible, schools must enter full teams in the frosh, soph and varsity divisions. Lowest total score - 3 teams - takes trophy. All trophies based on team points (5 men), not total team time.

The frosh heat and the soph heat may enter any number up to 10 men, and varsity division up to 7 men. The final heat will be a JV-open div. race which will be open to all other runners - no limit to team number.

All high schools in the area are invited to attend. It is hoped that as many coaches as possible will bring their squads to this meet. If you plan to attend, please return the entry blank with payment, as soon as possible. You may, if it is unavoidable, bring your entry check with you. Please indicate this when you send in your entries.

The course is the same as last year, 2.25 miles, mostly on grass (no spikes allowed, no bare feet allowed). The 1973 National Alliance Track & Field Rule Book, under Cross Country, p. 38 (12-2-2) states: "shoes are required."

To help pay for the awards, there will be an entry fee of 30¢ per runner, maximum \$10.00 (regardless of number of runners) per school.

Please check in at the scoring table when you arrive. Be sure we have your entry blank and entry fees. Pick up envelopes for the races, also Coaches Instruction Sheet and Meet Records.

For further information, contact cross country coach Fred Ertman at Sunnyvale High School, phone (408) 739-0561, home phone (408) 353-3097 (Los Gatos).

Hope to see you on September 29. First race starts at 9:30 A.M.

Fred Ertman  
Cross Country Coach  
Sunnyvale High School