Be sure your team is at the staging area on time（ 10 mimutes before race time）． Schools will be placed alphabetically from the street side on the starting line．

All Boys Races－ 2.75 miles Girls Race -1.7 miles
The Clerk of the Course，Plato Ianicks，will call races 10 minutes before starting time．The starting line is narrow and teams will be on the line in a single file。 Time will be called at the mile in each race．

Race \＃2 Boys JV 3：20 pm Race \＃2 Boys JV 3：40pm Race 莽3 Boys Var．4：00 pm I2 Teans Approx． 102 Rumers II Teams Approx． 92 Runners 12 Teams App， 84 Eunners

| Camden | Mills | Aragon | Menlo | Camden | Iynbrook |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Carlmont | Monta Vista | Bellarmine | Mountain View | Carlmont | Mills |
| Cupertino | Mt．Pleasant | Branham | Palo Alto | Cupertino | Monta Vista |
| Homestead | Pledmont Hills | Cubberly | Serra | Homestead | Mto Pleasant |
| Leigh | San Carlos | Del Mar | Westmoor | Leigh | Pisdmt Mills |
| Los Altos |  |  | Hill |  | Los Altos |
| Lymbrook |  |  |  |  | Nan Carlos |

Race H4 Boys Var．4：20 pm
14 Teams Apprix． 92 Rumners

| Aragon | Menilo |
| :---: | :---: |
| Awalt | Menlo－Atherton |
| Bellarmina | Mitty |
| Brankim | Mountain View |
| Cubber ly | Palo Alto |
| Del Mas | Serra |
| H112 | Westmoor |
| Race H7 | 21s 5：20 pm |
| 13 Teams | pprox． 60 kűne |


| Branham | Menlo |
| :--- | :--- |
| Cubberly | Mitty |
| Cupertino | Monta Vista |
| Del Mar | Palo Alto |
| Homestead | Sto：Francis |
| Leigh |  |
| Lynbrook |  |

Race 影5 Boys Soph 4：40 pm Race 影 Boys Sojh 5：00 pis L2 Teans Apprx． 116 Runners I3 Tears Apprx．IIO Run

| Camden | Lynbrook | Aragon | Menlo－Alder ton |
| :---: | :---: | :---: | :---: |
| Carlmont | Mi．11s | Awalt | Mitty |
| Cupertino | Monta V1sta | Bellarmine | Mountain View |
| Homestead | Mt．Pleasant | Brarham | Palo Alto |
| Leigh | Pledmont Hills | Del．Max | Serra |
| Los Altos | San Carlos | Hill | Westrmoor |
|  |  | Menlo |  |
| Race \＃8 | 3 Frosh 5：40 pa | Race \＃9 Boys Frosh 6：00 pas |  |
| II 1eams | prox． 109 Run |  |  |


| Camden | Lynbrook | Aragon | Mountain View |
| :--- | :--- | :--- | :--- |
| Carlmont | Mills | Awalt | Palo Alto |
| Cupertino | Monta Vista | Bellarmine Sto Francis |  |
| Homestead | Mt．Pleasant | Branham Serra |  |
| Leigh | Pledmont Hills | Del Mar Mestmoor |  |
| Los Altos |  |  | Menlo |
|  |  | MenlomAtherton |  |

Note：A taam must run a 7 man varsity if the school is entexing even 1 JV muner． COACHES，PLEASE KBEP YOUR TEAMS OIF THE GRASS FIELD IN FRONT OF THE STARTING LTNE，DURING SCHOOL HOURS THE FIELDS ARE STILL IN USE BY PHYSICAL EDUCATION CLASSES．

COACHES PICK UP ENVELOPES AT SCORING TABLE WHEN YOU ARRIVE．

Schedule of Races - See the attached shinet. We will make every effort to follow this time schedule. The schools have been placed in races on the basis of enrollment information we received. Approx. 1500 (10-11-12) was the dividing line.

Awards - Trophy to lst place team in all races except for JV. Trophy will be awarded as soon as the scoring for each race has been concluded.

Medals will be awarded as runners leave the scoring table at the end of the chute. Top ten individuals in all races will receive a medal.

Scoring - The coaches and athletes did a great job in this area last year. The procedure will be the same in ${ }^{\circ} 75$. The chute will 100 yards or longer. We will take each runner's name and school as the runner leaves the chute (this means a short wait in the chute). The result sheet and time sheet will be on ditto masters and the resulis should be available in approximately 10 minutes after the conclusion of the race. Runners must stay in the chute until that individual. has his/her name and school recorded. Runners will receive a place card to take to their coach for quick scoring. Coaches should retum the cards (enclosed in an envelope) with the places and 何e total of the top five rumners on front of the envelope. There will be no ettempt to displace individuals from incomplete teams.

Judging \& Timing - AAU THmers \& Judges will be used at the finish line。 Head Judge of Finish - George Newion

Problems - In the event of a serious injury to a rumer. notify the Meet Director so that on campus emergency procedures can be followed. Minor first aid problems are the coaches responsibilities. If a coach has a legitimate complaint bring it to the sonening table or to the Meet Dhrector. This is not a championship. please try to avoid arguments on petty matters.

The vote on the Girls race was 8 to I in favor of keeping the distance at 1.7 miles .

Good luck on Thursday.


