

REGION II Cross Country Meet

DATE: Wednesday, November 15, 1978

PLACE: Crystal Springs, Belmont

COURSE: 3:00 miles

TEAM AWARDS: Plaques will be awarded to the top 2 teams in the Girls & Boys Varsity only

INDIVIDUAL AWARDS: Certificates will be awarded to the top 15 places, Girls & Boys Varsity only

DIVISIONS: Girls & Boys Varsity and Frosh-Soph only. Your team is limited to seven runners.

SCHEDULE: Order of races:
Frosh-Soph
Girls Varsity
Boys Varsity

Note: Region IV will also be there to run their region meet. Region II will run every other race. Region II will start with the Frosh-Soph race at 3:00 p.m. After the last runner clears the starting area (back up the hill) the other Region will be ready to go.

TEAMS & INDIVIDUALS QUALIFYING TO REGION II MEET:

SPAL - top 4 teams
" 4 individuals

SCVAL - top 6 teams
" 6 individuals

DAL - top 4 teams
" 4 individuals

QUALIFIERS TO CCS MEET: The top 5 teams from the Region II finals will advance to the CCS meet to be held at Crystal Springs on Tuesday, Nov. 21st. The top 5 individuals, whose teams do not qualify, will also qualify for the section meet.

COACHES: Pick up your packet at the check-in (near finish line) upon your arrival. Your runners can, of course, walk and jog the course but instruct your athletes that the course must be cleared by 3:00 p.m. sharp!

MEET HOST: De Anza League

MEET DIRECTOR: Verne Thomsburg, Lynbrook High School

SPECIAL INSTRUCTIONS:

- (1) Coaches please review the rules of conduct and behavior for the Crystal Springs course before you and your team arrive. (Coach Bob Rush sent one to each school. So has CCS Commissioner, Larry Rice.)
- (2) Please instruct your runners to stay away from areas (start, finish and top of hill) where Region IV or Region II may be running.
- (3) In order to keep the confusion of having two regions on the same course, Region IV teams will camp on the hill between the water tank and course. Region II will camp elsewhere.
- (4) The first race is scheduled for 3:00 p.m. It will have to start on time. Please be ready.
- (5) Each runner on a team must have the same uniform as all other members of that team. They may have a t-shirt beneath the uniform, but all runners wearing t-shirts will have the same colored t-shirt.