

21st ANNUAL SUNNYVALE CROSS COUNTRY INVITATIONAL

SEPTEMBER 23, 1978

"GENERAL INFORMATION"

1. Course Distance: 2.4 miles
2. Course Records: See attachments
3. Awards:
 - a. Medals: 1st 20 finishers - Varsity, Jr. Varsity, Girls, Sophomores, Freshman Team Races
 - b. Medals: 1st finishers - Open Race
 - c. Trophy: 1,2,3 places Varsity, Jr. Varsity, Girls, Sophomore, Freshman Team Races
 - d. Trophy: Outstanding Coach - Based on lowest team score from V, oph. and Frosh team races.
4. Race Times: All races will start promptly at the following times:

1. 10:00 Freshment team	4. 11:00 Varsity Team
2. 10:20 Sophomore team	5. 11:20 Girls Team
3. 10:40 Jr. Varsity team	6. 11:45 Open (No Team Score)
5. Teams must have a minimum of 5 and a maximum of 7 runners - NO EXCEPTIONS - No limit in Open Race.
6. Equipment: All team members must wear identical uniforms.
No spikes or bare feet allowed.
7. Please tell your runners to make sure that they run all the way through the chute and turn in their tickets to you or to your scorer immediately after finishing the race.
Coaches please turn your individual team envelopes to the scorer's table AS SOON AS POSSIBLE.
8. Everyone is free to walk or run the course before the first race begins; however, once the race has started, no one should be on the course. The warm-up area is the large grassy field behind the baseball backstop.
9. PLEASE have you team clean up the "team area" before you leave and deposit litter in the waste receptacles provided.

Good Luck,

Doug Boyd

SEE YOU ON SEPTEMBER 22, 1979 FOR THE 22nd SUNNYVALE HIGH SCHOOL INVITATIONAL