

STANFORD

STANFORD UNIVERSITY
DEPARTMENT OF ATHLETICS
PHYSICAL EDUCATION & RECREATION
STANFORD, CALIFORNIA 94305

September 21, 1979

Dear Coach:

We are looking forward to the upcoming Stanford High School Cross Country Invitational. Scheduling problems prevented us from getting this information to you sooner.

Please read carefully so that we may have no misunderstandings and be able to administer the best meet possible.

The meet is scheduled as follows:

THURSDAY, SEPTEMBER 27, 1979

<u>Four (4) Divisions</u>	<u>Race Time</u>
Frosh-Soph	3:10
Varsity-Boys	3:30
Varsity-Women	3:55
Freshmen	4:20

COURSE DESCRIPTION: The meet will be held on the Stanford Golf Course. All races will run a 3.0 mile course, with the start and finish at Tee #2. There will be 1 heat for each race. The starting lines will allow 4 athletes in front and 3 in the rear. Flats should be worn. The course includes mostly grass with some short areas of dirt roads and asphalt. Spikes are not advised.

The course will be marked with chalk and 3 foot high flags. The color of the flags will indicate directions: Red Flags - left turn, Yellow Flags - right turn, Blue Flags - straight ahead. We will use a double chute at the finish to expedite passing out finish cards.

**You must field a 5-man team up to a 7-man team maximum. No individuals, please! We can accommodate complete teams only! This will be a scoring invitational meet.

RESTROOM FACILITIES: We will have 3 portable toilets available. Please have your teams come dressed for competition.

SCORING: We will pass out pencils and scoring envelopes to each coach. A numbered card will be handed to each finisher to give to his coach. Coaches are asked to collect all of his team's finish cards and write the name, grade and school on each card and place in the scoring envelope. We can then tabulate a quick team score.

AWARDS: Trophies awarded to the top 3 teams in the boys and girls Varsity races. Top 10 finishers in each of the four (4) races will receive medals.

ENTRY FEES: 3 teams or more - \$ 25.00
2 teams or less - \$ 15.00

Please make check payable to Plato Yanicks - Meet Director. Because of the late date - please hand carry the entry fee check to the meet where we will have a table set up to collect those fees. If you still have a conflict in bringing your entry fee to the meet you can mail it in within 10 days after the meet. Please help us with this so we don't have to come after you for these fees. We need them to cover our expenses in putting on a good meet for you and your teams.

WARM-UP AREA: Please stay in the area of the #2 fairway for your warm-up. This is to prevent athletes being injured by golfers and stray golf balls. Coaches please note the enclosed map where the course start is indicated with a circled red "X". There is parking along Fremont Road for the buses and cars. Please supervise your athletes to stay away from the horse barns and stable areas. We also request that you ask your athletes to stay off the greens and be courteous to the golfers and facilities.

Looking forward to seeing you Thursday, September 27th.

Best wishes,



Plato Yanicks
Meet Director-Cross Country Coach
Menlo Atherton High School



Dean Clark/Laurel Treon
Cross Country Coaches
Stanford University

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