

The DAL Cross Country Meet

Crystal Springs

Sponsor: Fremont High School

Tuesday, November 10, 1981

It's that time of year again, when all coaches are eager to have their runners prove themselves in the annual DAL Cross Country meet.

This year, as always, Crystal Springs will be the setting for this exciting event. The schedule of events is as follows:

2:15--Frosh/Soph
2:45--Boys Varsity
3:15--Girls (all)
3:45--OPEN

(The course must be clear of all runners and walkers at 1:45 p.m. in preparation for the events.)

The Varsity Boys Teams are limited to 7 runners per team, of which the top 4 teams and the top 10% of the individual runners will qualify for the Region Competition.

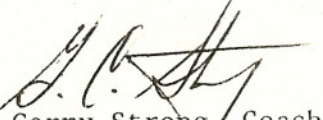
The top five girls teams and the top 10% of the individual girls qualify for the Region Competition. No limit to team runners.

The Frosh/Soph teams are limited to 10 runners per team. There will be no Frosh/Soph competition at the Region Competition.

In case of foul weather, the schedule of events is subject to change.

Remember--make sure that each runner has a stick-on tag which contains: 1) his name, 2) event, 3) name of school. All information must be printed on the sticker, placed on the runner's shirt or shorts. The runner must submit the tag to the place marker official at the far end of the finish shoot where the place boards are located. Runners must stay organized within the finish shoots in order to execute efficient record keeping.

Thank you, and we'll see you at Crystal Springs.


Gerry Strong, Coach
Fremont High School
Sunnyvale, CA