

KINNEY CROSS COUNTRY CHAMPIONSHIPS

Western Regional Meet DECEMBER 7, 1985

FRESNO, CALIFORNIA

WHAT: The Kinney Western Regional Cross Country Run for high school boys and girls. This meet is the National Qualifier for the following states: Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming. See accompanying entry blank.

WHEN: Saturday, December 7, 1985.

WHERE: Woodward Park, Fresno, California.

TIME:

10:00 am — Frosh/Soph Boys Unseeded Race
10:25 am — Frosh/Soph Girls Unseeded Race
10:50 am — Junior Boys Unseeded Race
11:15 am — Junior/Senior Girls Unseeded Race
11:40 am — Senior Boys Unseeded Race
12:15 pm — Seeded Girls Race/under 19:00 3 mile
1:00 pm — Seeded Boys Race/under 15:30 3 mile
1:20 pm — Awards Ceremony — all races

NOTE: Girls who have run faster than 19:00 and Boys who have run faster than 15:30 for 3 miles will run in the seeded race, regardless of class in school.

DISTANCE: 5,000 meters for both girls and boys.

COURSE: Rolling hills with one steep climb. 80% dirt, 10% grass, 10% road. Spikes NOT PERMITTED. Over the past decade Fresno's Woodward Park has been the site of many major West Coast cross country championships. 50% of the course is visible from atop "Spectator Hill" — bring binoculars.

ENTRIES—DEADLINE—FEE: See the accompanying national flyer/entry blank. For additional entry blanks please use photocopier. Waiver must be signed. The entry fee is \$3.00 until the November 25, 1985 deadline. Late entries will be accepted until December 4, but with the penalty of double entry fee to \$6.00. Late entries will not be listed in the meet program nor will they be guaranteed a T-shirt. **No race day entries.**

AWARDS: The awards ceremony will be held at approximately 1:20 pm at the Mountain View Picnic Shelter. Gold medals will be awarded to the top eight individual male and top eight individual female finishers in the seeded races. Gold medalists will be honored as the "First Team All Western USA" and sent to the National Championships. Silver medals, honoring the "Second Team All Western USA," will be awarded to the ninth through sixteenth place finishers in the seeded races. Bronze medals will be awarded the "Third Team All Western USA," the seventeenth through twenty-fourth individual male and female place finishers in the seeded races. The unseeded races will have separate awards to the top 24. Only runners in the seeded races will be eligible for the All Western USA Teams and National trip. Awards will also be given to the individuals on the winning and runner-up state teams.

HOUSING: Special rates are available at two area motels: **Ramada Inn** (Meet Headquarters): \$46.00 per room, 1 or 2 double beds, no limit on number. No extra charge for sleeping bags on floor. **The Tropicana Inn** (Meet Host): \$40.00 per room, 1 or 2 double beds, no limit on number. You must mention that you are with the Kinney Cross Country Meet to receive special rates.

Ramada Inn (Headquarters)/3½ miles from park . . . (209) 224-4040
Tropicana Inn (Meet Host)/5 miles from park . . . (209) 222-5641
Sheraton Inn/6 miles from park . . . (209) 226-2200
Piccadilly Inn/6 miles from park . . . (209) 222-2431
Watertree Inn/5 miles from park . . . (209) 222-4445
Motel 6/5 miles from park . . . (209) 227-3523
Hyatt Lodge/5 miles from park . . . (209) 227-4015
Blackstone Lodge/2½ miles from park . . . (209) 439-6500
The Pines Motel/2 miles from park . . . (209) 439-0320

TRANSPORTATION: Each competitor is responsible for his/her own transportation.

MEET HEADQUARTERS: Ramada Inn, 324 E. Shaw Avenue, Fresno, CA 93710. Phone (209) 224-4040. This will be the location of Friday (December 6) check-in. Friday hours: Noon to 9:00 pm. Meet headquarters will not be open on Saturday, December 7.

CHECK-IN: At Meet Headquarters (Ramada Inn) on Friday, December 6 from 12:00 noon to 9:00 pm. At the Meet Site on Saturday, December 7 from 9:00 am to 11:00 am. Please try to check-in on Friday if you can.

JOG/WALK THROUGH COURSE: There will be guided jog/walk tours over the 5,000 meter course from 3:00 pm to 5:00 pm on Friday, December 6.

TEAM COMPETITION: Team competition will be scored between states only (one team per state). No club scoring. Scoring will be done on a cumulative time basis. The top five individual male and top five individual female finishers from a given state will constitute that state's "team." All races will be considered in figuring the top times from each state. Awards will be given to the individuals on the winning and runner-up teams. Runners may not officially represent their high school and are not permitted to wear their school uniforms.

RESULTS: Results will be promptly posted after each race on result boards at the finish area. All entrants will be mailed a complete set of printed results. Others wishing complete results must fill out a result request form.

RAIN OR SHINE: In the event of rain, the course can withstand a good amount of water. However, a challenging 5,000 meter road course is ready on site if necessary.

THE NATIONAL MEET: This Western Regional serves as the qualifier for the Kinney National Championships to be held on Saturday, December 14 in San Diego, California. The top 8 boys and top 8 girls from the Western Regional will be sent by Kinney to the National Championships.

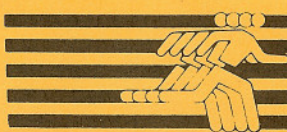
PUBLICITY: Please indicate any STATE CHAMPIONS OR C.I.F. SECTION CHAMPIONS on the entry blank. Send a note or call if championship meet occurs after you send entry blank. We would like to introduce these runners at the starting line. There will be an expanded bullpen warm-up area for athletes being introduced.

ANNOUNCER: Bob Womack will again provide the announcing with pre-race introductions, calling of race, and awards ceremony. Coaches of top athletes should identify athletes to Bob from 10:00 to 11:30 am at the starting area.

CONFIRMATION OF ENTRY: If you desire confirmation of entry, please send a stamped, self-addressed envelope with your signed entry form.

REMINDER: Entry deadline is November 25, 1985 — \$3.00 entry fee. Entry fee after deadline is double (\$6.00). **NO RACE DAY ENTRIES.** Please enter early.

ADDITIONAL INFORMATION: Bill Cockerham, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Phone (209) 264-5847.



Western Regional