

# STANFORD

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



Dear Coach:

We are looking forward to the upcoming Stanford-Holiday Inn/Palo Alto High School Cross Country Invitational for high schools, to be held at the Stanford Golf Course on Monday, October 3, 1988.

The meet schedule is as follows:

<u>Divisions</u>	<u>Race Time</u>
* Junior Varsity Girls	12:00 p.m.
* Junior Varsity Boys	12:30 p.m.
** Varsity Girls "C"	1:00 p.m.
** Varsity Girls "B"	1:30 p.m.
** Varsity Girls "A"	2:00 p.m.
** Varsity Boys "C"	2:45 p.m.
** Varsity Boys "B"	3:30 p.m.
** Varsity Boys "A"	4:15 p.m.

\* Top 7 runners must run on the Varsity team. Anyone else, including seniors may run on the Junior Varsity team.

\*\* All race sections are designated for school populations based on C.I.F. classification with "A" being largest schools.

COURSE DESCRIPTION: The meet will be held on the Stanford Golf Course. All races will run 5000 meters with the start and finish at Tee #2. The starting lines will allow four athletes in front and three in the rear. Flats should be worn, NO SPIKES ALLOWED (as per CCS rules). The course includes mostly grass with some short areas of dirt roads or asphalt.

The course will be marked with chalk and A LEAD RUNNER WILL BE USED IN ALL HIGH SCHOOL RACES TO PREVENT THE FIELD FROM GETTING LOST!!!!

TRAINERS: Athletic trainers will be in place 1 hour before the first race begins to provide aid to any athlete that may require assistance.

DRESSING: There are no dressing or shower facilities at the course. Please have your teams come dressed for competition.

WARM-UP AREA: Please stay in the area of the #2 Fairway for your warm-up. We also request that you ask your athletes to stay away from the horse barns and stable areas.

AWARDS: Plaques will be awarded to the top three teams in each division. Individual division winners will receive awards

The coach of the winning team in each division will receive an award. 1st to 10th place individuals will receive a T-shirt.

DIVISIONS: "A" 1601 boys and girls or 801 of one gender  
"B" 801-1600 boys and girls or 401-800 or 401-800 of one gender  
"C" 1-800 boys and girls or 1-400 of one gender

Teams/individuals may run in higher divisions; but not lower divisions.

SCORING: Scoring will be done as follows:

1. Upon finishing the race a runner will be given a card with their number of finish on it.
2. The runner presents that card to their coach.
3. The coach then tallies the first 5 finishers and that total establishes the team finishing order.
4. WE WILL NOT CHANGE THE SCORE LATER BASED UPON ELIMINATION OF A NON-SCORING FINISHER. The quick score will be the actual points and numbers we will use to determine the places of finish.
5. Return the quick score envelope with the finish cards inside to the meet officials as soon as possible (WITHIN 10 MINUTES AFTER THE LAST RUNNER FINISHES!)

SANCTIONS: We have a full state sanction for this meet.

ENTRY FEES: \$20.00 per 1 to 7 man team entered, payable to: DEPARTMENT OF ATHLETICS

Send entries to: Brooks Johnson  
Cross Country Coach  
Department of Athletics  
Stanford University  
Stanford, CA 94305

1. If you plan to attend, please return the enclosed entry form by MONDAY, SEPTEMBER 19th.

IMPORTANT NOTE - Entries received after the September 19th deadline are late and will not necessarily be accepted.

2. 7 runners may compete on each team with 5 runners scoring. You may field as many teams as you like, but they must be a minimum of 5 and a maximum of 7 runners.
3. Be sure to return a \$20.00 entry fee for each team entered.

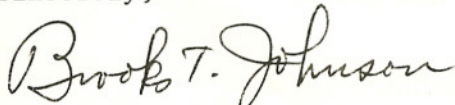
FINAL RESULTS: If you would like a copy of the complete results please bring a 9x12 self addressed envelope with 85¢ postage on it. Turn the envelope in at the time of registration.

HOUSING: The Holiday Inn-Palo Alto (415/328-2800, ask for Jim Rebosio) and the Hyatt-Palo Alto (415/493-8000, ask for Jan Lesser) offer an athletic rate for visiting teams, so you might want to call them as soon as possible to assure that there are vacancies.

We will not return any information to you after receipt of your entries. Packets will be available one hour before race time and will include course maps, labels, and team quick score envelopes.

We look forward to seeing you on Monday, October 3, 1988.

Sincerely,



Brooks T. Johnson  
Director of Track and Field  
Stanford University