

Palo Alto High School Presents



Saturday, September 30, 2006
Stanford University Golf Course

New Schedule



New Schedule

9:00 AM	J.V. Boys	Divisions 3, 4, 5
9:21 AM	J.V. Girls	Divisions 3, 4, 5
9:46 AM	Varsity Boys	Division 5
10:10 AM	Varsity Girls	Division 5
10:40 AM	Varsity Boys	Division 4
11:05 AM	Varsity Girls	Division 4
11:34 AM	Varsity Boys	Division 3
11:58 PM	Varsity Girls	Division 3
12:30 PM	J.V. Boys	Division 2
12:48 PM	J.V. Boys	Division 1
1:06 PM	J.V. Girls	Divisions 1 & 2
1:26 PM	Varsity Boys	Division 2
1:51 PM	Varsity Girls	Division 2
2:24 PM	Varsity Boys	Division 1
2:49 PM	Varsity Girls	Division 1
3:21 PM	Varsity Boys	Seeded
3:44 PM	Varsity Girls	Seeded
4:15 PM	College Races Begin	

NEW ONLINE ENTRY PROCESS IN 2006

ENTRIES MUST BE COMPLETED ONLINE AT EZMEETS.COM

BY MONDAY, SEPTEMBER 18 AT 12:00 NOON PST

ENTRY FEES MUST BE RECEIVED BY FRIDAY, SEPTEMBER 22



Stanford
CROSS COUNTRY
INVITATIONAL

Dear Coach,

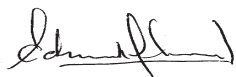
On behalf of Paul Jones of Palo Alto High School, we are pleased to invite you to the 33rd edition of the Palo Alto High School/Stanford University Cross Country Invitational to be held on Saturday, September 30, 2006. This meet will offer you and your team exciting competition on the Stanford Golf Course. **This year we have a slightly different schedule. Please check it for your planning purposes.**

It is our goal to provide a fair and challenging opportunity to compete for as many athletes as possible. This meet has grown steadily in participation and we have received a large number of requests for information about this year's meet. Consequently, we have reached our saturation point for the number of athletes that we can safely manage in each race. This increase in the popularity of the meet has led to the following policies.

1. Please be mindful of the entry deadline of **MONDAY, SEPTEMBER 18 at 12:00 NOON**. We will hold to a strict interpretation of this deadline. *Several teams were not able to compete last year because we could not accommodate late entries in our field sizes. We will cap the field size in each race to a maximum of 280 athletes. If any division reaches or exceeds this saturation point, meet management reserves the right to divide the division into two races - a seeded and unseeded race. The seeded race will include a maximum of 25 teams. Team results will be combined for divisions that are split into two races. Individual results will be provided for each race.*
2. Separate junior varsity races have been created to balance the size of the fields in these competitions. In order to fit these races into our already limited time schedule, junior varsity races will run a 3000 meter course. Furthermore, schools will *not* be allowed to enter multiple junior varsity teams. We believe this policy will best provide the safest and most manageable competition for everyone.
3. As you know, the state of California has 5 divisions for high schools. The Stanford Cross Country Invitational will comply with those divisions. Please check directly with your local section of C.I.F. and read the information packet carefully to determine in which division to compete.
4. For each junior varsity race, we will present trophies to the top two teams and t-shirts to the first ten individuals. For each varsity race, we will present trophies to the top four teams, a special first place award to the individual winner, and t-shirts for 2nd-15th place. *Additionally, members of the winning team in each varsity race will receive an award recognizing their victory.*

We hope that you will find these policies to be positive and in the best interest of the athletes. The enclosed information packet will provide the details for this year's Invitational. Please read the packet completely and follow all instructions.

Sincerely,



Edrick Floreal
Director of Track and Field/Cross Country



Palo Alto High School/Stanford University Cross Country Invitational

Saturday, September 30, 2006

SCHEDULE OF EVENTS

9:00 AM	J.V. Boys	Divisions 3, 4, 5
9:21 AM	J.V. Girls	Divisions 3, 4, 5
9:46 AM	Varsity Boys	Division 5
10:10 AM	Varsity Girls	Division 5
10:40 AM	Varsity Boys	Division 4
11:05 AM	Varsity Girls	Division 4
11:34 AM	Varsity Boys	Division 3
11:58 AM	Varsity Girls	Division 3
12:30 PM	J.V. Boys	Divisions 2
12:48 PM	J.V. Boys	Divisions 1
1:06 PM	J.V. Girls	Divisions 1 & 2
1:26 PM	Varsity Boys	Division 2
1:51 PM	Varsity Girls	Division 2
2:24 PM	Varsity Boys	Division 1
2:49 PM	Varsity Girls	Division 1
3:21 PM	Varsity Boys	Seeded Race
3:44 PM	Varsity Girls	Seeded Race
4:15 PM	College Races Begin	

J.V. TEAMS will race 3000 Meters
VARSITY TEAMS will race 5000 meters

TEAM DIVISIONS

Divisions are based on the total number of sophomores, juniors and seniors at a school.

Division 1 (1400 or more)	Division 4 (350 - 899)
Division 2 (1100 - 1399)	Division 5 (1 - 349)
Division 3 (900 - 1099)	

Check with your principal or athletic director if you have questions. If space is available, teams may run in larger enrollment divisions, but may not compete in lower ones. Note that it is the responsibility of the high school coaching staff, *not the meet management*, to enter your team correctly. If you want to be considered for the seeded races, indicate your interest when you register at EZMeets.com.

Out-Of-State Teams

If your team is from outside of California, please inform us at StanfordXInvite@gmail.com. This is for sanctioning purposes.

THE COURSE

THE ENTIRE COURSE WILL BE CLOSED UNTIL 8:00am on SATURDAY. No one will be permitted on the course prior to that. Please explain this policy to all of your athletes, coaches and parents. **The course will NOT BE OPEN FRIDAY for a course jog. Teams will be disqualified for ANY violation of this policy.**

The start and finish lines are located on the #2 fairway of the Stanford Golf Course. The starting line will allow 2 runners on the front line. Please warm-up in the #2 fairway area. Do not run on the exact course because there will be many races going on during the warm-up time. Important announcements will be made in the #2 Tee area. Please stay away from the stable and barn areas. Please instruct your athletes to NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEES, FOOTBALLS, OR PETS will be allowed anywhere.

FIELD SIZE POLICY

In order to safely manage the number of athletes, we will cap the field size in each race to a maximum of 280 athletes. If any division reaches or exceeds this limit, meet management reserves the right to divide the division into two races, such as the D1 & 2 JV Boys. The seeded race will include a maximum of 25 teams. Teams for each race will be chosen based on rankings and results compiled from Dyestat and meet management. Team results will be combined for divisions that are split into two races. Individual results will be provided for each race. Due to field sizes all athletes MUST wear the hip numbers provided.

HOW TO ENTER - 4 EASY STEPS

1. Go to EZMeets.com and request a password between August 14 and September 16. You will receive a password within 24 hours.
2. Once you receive your password go back to EZMeets.com and enter your athletes. **Remember to enter each gender separately.** You can make changes as frequently as you want until the **DEADLINE September 18 at noon PST.**
Entries received by telephone, fax, or e-mail will NOT be accepted.
3. Make sure you ALWAYS print a receipt after each session! Bring a copy of your receipt to packet pick-up. **THIS WILL BE YOUR PROOF IF THERE IS A MISTAKE IN YOUR ENTRY FEE AMOUNT!**
4. Send entry fees with a copy of printed entry receipt by PRIORITY MAIL to the Stanford Cross Country Office to be **received by September 22.**

IMPORTANT REMINDERS

- **It is NOT likely that we will be able to accept any late entries.** If a late entry is accepted, a \$100.00 late fee will be ADDED to the team entry fee and your team is not guaranteed the race of their choice.
- Entry fees are \$70.00 for each team of 4-7 athletes entered. If you enter 3 or less athletes then the entry fee is \$20.00/person. Schools that bring four full teams (Boys & Girls Varsity and JV teams) will be capped at \$240. **This does not include additional athlete entries.**
- **7 runners (AND NOT MORE THAN 7)** may compete in a race with the top 5 scoring. Any team violating this established practice will have all of their individuals removed from the results.

ADDITIONAL ATHLETE ENTRIES

- You may enter **additional athletes at \$10 per entry**, but you may not run more than 7 athletes per race. Each athlete entered exceeding the maximum number of 7 per race will be entered at \$10 per person. If your team has met the \$240 cap, each additional entry will add \$10 to the total. Whether these athletes run or not, you will be responsible for the entry fee! So please manage your entry roster with this in mind.
- Make checks payable to **Palo Alto High School.**

ENTRY FEES MUST BE RECEIVED BY FRIDAY, SEPTEMBER 22.

Please use PRIORITY MAIL so that you will have a receipt for having sent the entry fees. Do NOT use certified mail.

- Send entry fees by PRIORITY MAIL to arrive by September 22 to:

Meet Director
Cross Country Invitational
641 East Campus Drive
Stanford, CA 94305-6150

- A list of accepted entries will be posted to **gostanford.com** on September 22. Please check the **gostanford.com** website for entry confirmation and any last minute information.

ANY QUESTIONS? Send them to **StanfordXinvite@gmail.com**

SCORING AND AWARDS

1. We will use Bob Rush Finish Systems for our computerized team scores.
2. You will create your teams on race day from any combination of runners listed on your entry receipt.
3. If there is a problem with a specific race that cannot be corrected within the window of time before the start of the following race, then the results will be handled at the end of the day and will be posted online at gostanford.com on the cross country page.
4. For each *J.V.* race, we will present trophies to the top team and t-shirts to the first ten individuals. For each *Varsity* and *Seeded* race, we will present trophies to the top three teams, a special first place award to the individual winner, and t-shirts for 2nd through 15th place. Additionally, members of the winning team will receive a special award recognizing their victory.

HOTELS

Rooming blocks have been established at the *Courtyard by Marriott*, *Creekside Inn*, *Ramada Inn Silicon Valley* and the *Hotel Sofitel*. Please call immediately to make your hotel reservations. Reservations will be made on a first-come/first-serve basis. These three hotels will allow you quick and easy access to the Stanford Golf Course. To make your reservations, please contact the hotels directly and identify your association with the *Stanford Cross Country Invitational*.

Courtyard by Marriott 3 miles from Stanford	(650) 941-9900	starting at \$89.00
Creekside Inn 1.5 miles from Stanford	(650) 213-4252	starting at \$99.00
Ramada Silicon Valley Meet Headquarters	(408) 245-5330	starting at \$65.00
Hotel Sofitel 11 miles from Stanford	(650) 508-7131	starting at \$99.00

ADDITIONAL INFORMATION

- PACKETS:** Packets will be available beginning at 8:00am on race day at the course. They will include course maps, competition numbers, and instructions.
- TRAINERS:** Stanford athletic trainers will be in place one hour before the start of the first race (8:00am).
- SHOWERS:** There are no dressing or shower facilities at the golf course. We encourage all teams to make use of the facilities available at their hotel.
- PARKING:** Please refer to the enclosed map for directions to the course and parking lot. Since teams will be arriving and departing throughout the day, *please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.*
- QUESTIONS:** For information concerning the course and the time schedule, please call Paul Jones of Palo Alto High School, email at peej@earthlink.net. If you have specific questions concerning entries ONLY, please contact the Stanford Track & Field/Cross Country Office by email at: stanfordXinvite@gmail.com.
- ADMISSION:** Spectators may purchase admission tickets on the day of the meet at the course.

PLEASE REMEMBER THE FOLLOWING

- The course will be closed until 8:00am on Saturday morning and will NOT be open on Friday. Teams will be **DISQUALIFIED** for violation of this policy.
- Entries must be **COMPLETED ONLINE** by Monday, September 18 at 12:00 NOON.
- Visit **gostanford.com** for entry confirmation and updated information on September 22.
- Entry fees must be received by Friday, September 22.

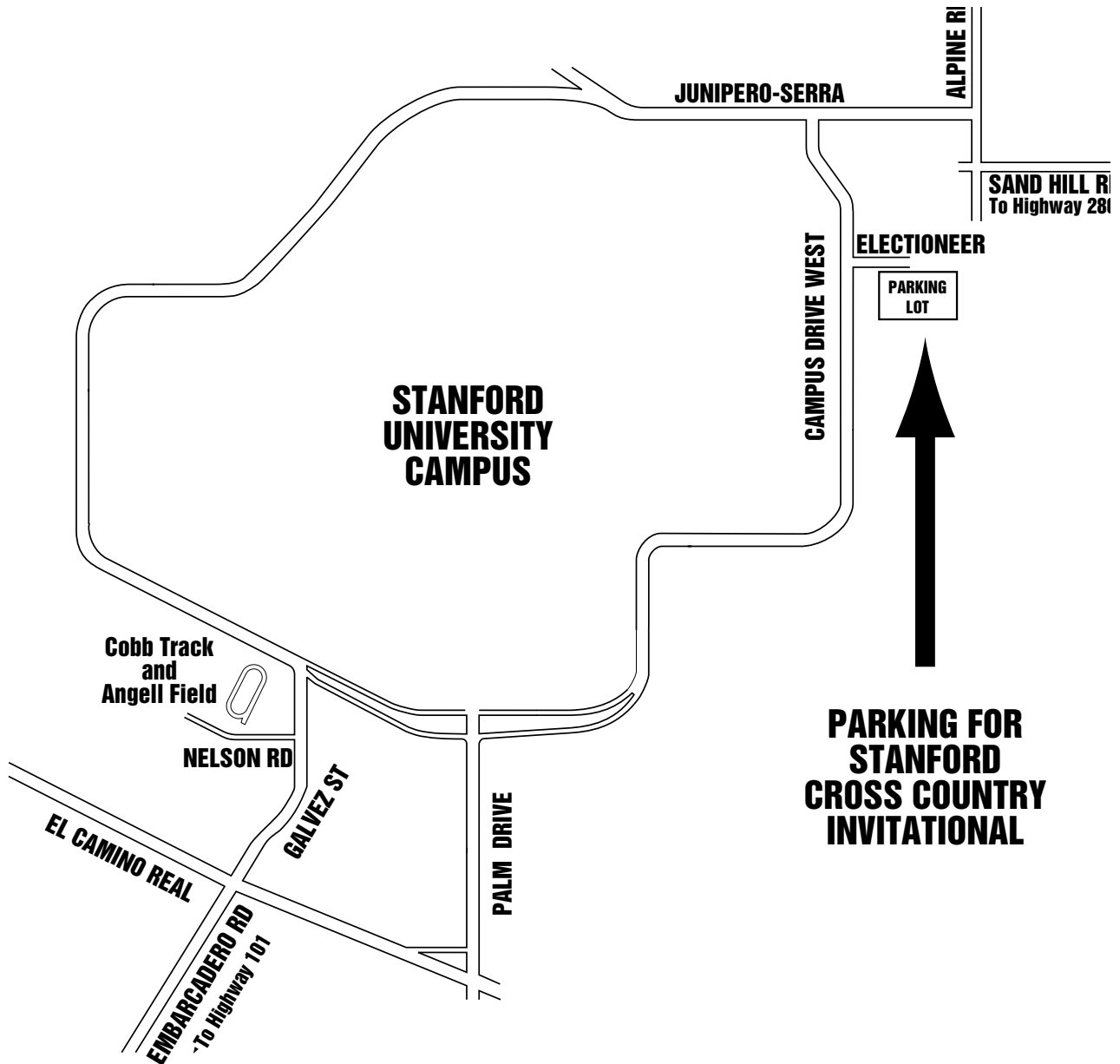
DIRECTIONS TO STANFORD GOLF COURSE

From Highway 101

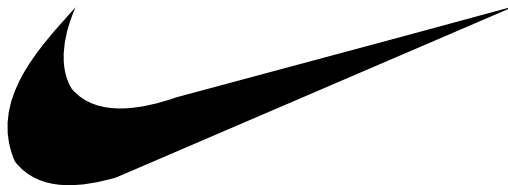
1. Exit on Embarcadero Road West and follow the signs to Stanford University.
2. Cross El Camino Real (the street name will change to Galvez Street).
3. Turn right onto Campus Drive West.
4. Follow the signs to the parking lot.

From Highway 280

1. Exit on Sand Hill Road East and follow the signs to Stanford University.
2. Turn right onto Alpine Road.
3. Turn a quick left onto Junipero-Serra.
4. Turn left onto Campus Drive West.
5. Follow the signs to the parking lot.



**PARKING FOR
STANFORD
CROSS COUNTRY
INVITATIONAL**



Palo Alto and Gunn High Schools Present



Stanford
TRACK & FIELD
INVITATIONAL

COBB TRACK AND ANGELL FIELD

FRIDAY & SATURDAY

MARCH 30-MARCH 31, 2007

We are pleased to announce the dates for the 2007 Stanford Track & Field Invitational. The beautiful nine lane Cobb Track and Angell Field with dual direction runways, and multiple throwing rings was designed with performance in mind.

Athletes of all levels will find competition that best meets their needs. Last year our our high school competition was fantastic. We enjoyed many outstanding performances and many meet records. We had great awards and exciting events for all athletes in the jumps, throws and on the track.

Don't miss this great opportunity to get your athletes involved in a two day high school meet which permits them to see top flight collegiate and open competition as well as the best high school athletes in the state of California and bordering states.

Mark your calendars now for this exciting weekend of track & field at Stanford University.