

2nd Annual Bay Area Middle School Cross-Country Championship

Date: Monday, November 8, 2010

Time: 1st Race = 3:50 PM

Location: John Muir Middle School, 1444 Williams Street, San Leandro, CA 94577
John Muir MS is located in San Leandro (just a few miles south of Oakland). It's about 1-2 minutes off of Highway 880 (Marina Blvd. Exit), or about 5-7 minutes off of Highway 580 (Grand Ave Exit). Please check Internet for precise directions.

Cost: \$25 per school (includes both boys & girls team)— please pay on day of meet. Make checks payable to “Mike Exton.” Please hand check (or cash) to Mike Exton on day of meet.

Race Distance: 1.0 Miles

Grades: 6th, 7th, and 8th

4 Races: JV Girls, JV Boys, Varsity Girls, Varsity Boys (in this order)

Limit: There will be a limit of 10 runners from each school in each race.

Awards: Trophies to the top 3 varsity boys teams & the top 3 varsity girls teams; a large perpetual trophy to both the top boys team and the top girls team; plaques to top 20 boys & top 20 girls in varsity races (“All-Bay Area Team”); ribbons to top 10 JV boys and top 10 JV girls.

Volunteers: Each school must provide at least one adult (or very responsible student) to assist with timing, scoring, judging, etc. Jobs will be assigned on day of meet. Please have volunteers check in with Mike Exton upon arrival.

Registration: **The only thing that is required at this time is that you e-mail me (MikeExton@mail.com)—letting me know that you are interested in participating. Include your name and the name of your school.** Once I receive your e-mail I will then e-mail you back to confirm your entry into the meet.

Mike Exton (John Muir MS Cross-Country Coach)

Additional Information

1st Race = JV Girls (Starting Time = 3:50 pm)

2nd Race = JV Boys (approximate starting time = 4:10 pm)

3rd Race = Varsity Girls (approximate starting time = 4:30 pm)

4th Race = Varsity Boys (approximate starting time = 4:50 pm)

Awards ceremony: afterwards in John Muir's cafeteria (will end about 6:00 pm)

Scoring: everyone in the varsity races will count in the scoring. The top 5 from each team score but runners #6, 7, 8, 9, & 10 can displace. Incomplete teams also count in the scoring. This will make the scoring very simple and quick to tabulate. It will also make every runner in the race important.

5th Graders & Below: some teams have athletes below 6th grade. If any of these kids place in the top 20 in the varsity races they will win a plaque. They also count in the scoring since everyone in the varsity race will count in the scoring. But anyone below 6th grade does NOT count in the TEAM scoring—they are essentially running “unattached” and therefore do NOT score for a particular team.

Name Tags: each school is responsible for making its own ID tags. A non-peeled sticker (approximately 1” by 3”) should be pinned (safety pin) to a runner's jersey. The sticker should include the runners first & last name, the grade level of the runner, and the name of the school (*please do NOT use abbreviations since some schools have the same abbreviations!*).