



301011SILICON VALLEY
MIDDLE SCHOOL

Cross Country Championships

Tuesday, October 15, 2019
Montgomery Hill Park, San Jose

Time Schedule

3:45	6 th Grade Girls
4:10	6 th Grade Boys
4:35	7 th Grade Girls
5:00	7 th Grade Boys
5:25	8 th Grade Girls
5:50	8 th Grade Boys

Entries

If your league has qualifying guidelines for the County Championships, please follow them. If you are not part of a league, please use your own judgment as to whether to enter a team or individuals. Generally, if your team would be in the top two or three of a league, or if you have individuals who would be able to finish in the top 15-25 of a league meet, you should consider entering.

Teams will be limited to 7 runners per race (unless you qualify more than 7 under your league's qualifying procedures). If you have fewer than 5 runners in a race, they may run as individuals, provided they meet the criteria described in the above paragraph. All runners must be students at your school. If you have a younger runner from another school that will not otherwise be able to compete, the runner may enter as an individual representing his or her school. That

runner will not count in the team scoring. Runners can be entered in a higher-grade level than their actual grade at your discretion (in order to fill out a 5-person team, for example).

Runners must represent the school they attend, rather than a club.

In order to enter, please send an e-mail to Peter Jensen, Meet Director, at pjensenj3@gmail.com, listing all of the runners you are entering in each race. It is very important to receive an accurate list of entries, as we will be using that list to manage the finishing chute. We will not be using athletic.net for entries. **Entries are due no later than Thursday, October 10, 2019.**

Entry Fees

A \$20 entry fee (or \$5 per individual if you enter less than 5 runners) is required. This allows us to defray the cost of awards. **YOUR RUNNERS WILL NOT BE ALLOWED TO COMPETE WITHOUT AN ENTRY FEE.** Checks can be made out to Willow Glen Middle School, and can be mailed in advance or given to Peter Jensen on the day of the meet.

Runner Identification

No labels are required – runners will identify themselves in the chute and be matched with the entries you submitted. If you have any race-day changes to your entries, please see Peter Jensen no later than 3:30 so that the changes can be entered.

Scoring

Only runners who are part of a full team (at least 5 runners) will count in the team scoring. The total of the places of the first 5 runners will be added to produce the team score; 6th and 7th runners will count to displace others. Low score wins.

Awards

The top 10 individuals in each race will receive medals, and the winning team will receive a trophy.

Course

The Montgomery Hill course is a hilly 2.1-mile loop on dirt trails. In the unlikely event that there are runners who are unable to complete the course within 25 minutes, they will be asked to run on the side of the trail so as to make room for the runners in the next race.

Other Logistics

We ask that each participating school commit one volunteer to help with the meet. Volunteers may be course monitors, timing, and/or finish line managers. If you have questions or concerns, please contact Peter Jensen at pjensenj3@gmail.com.