

The 59th Annual LOU VASQUEZ Memorial Cross Country Invite Meet Information

DATE: Thursday September 19, 2019

TIME: H.S. Girls 2:30pm.; H.S. Boys 3:15pm.

COURSE: Polo Fields in Golden Gate Park, San Francisco –Women 3.1 mile; Men 4.0 mile
Both high school races will run the jc women's course. Mix of grass, pavement, hard pack gravel and sand. Athletes and spectators must remain off of the soccer field(s) and bike oval (asphalt) at all times

AWARDS: T-shirts to the top 10 in each race. Plaques to the first place teams. Scoring will be based on the top 5 cumulative times for each team

T-SHIRTS: A limited number will be available for \$15.00 each

TRAINER: There will be a trainer on-site.

PARKING: Please park on the surrounding streets or in designated parking areas only. Please do NOT park anywhere on the course, paths, or walkways, etc. Keep valuables out of site or have someone watch your athlete's belongings.

RESULTS: Hard copy results will be available after the meet to coaches only and on the web at: www.norcalstat.com and www.directathletics.com

ENTRY FEE: \$100.00 per team (men and women separate) OR \$10.00 per individual

ENTRY DEADLINE: Tuesday September 17, 2019 @ 7pm via www.athletic.net
**meet day team entries will be assessed an additional \$50.00 fee payable directly to the computer operator.

Make checks payable to: "CCSF MEN'S CROSS COUNTRY"

Checks may be brought to the meet or sent to:

City College of San Francisco
ATTN: Greg Bianchi / Cross Country
50 Phelan Ave. WELLNESS
San Francisco, Ca. 94112