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2019 Pacific Grove Cross Country Invitational

Saturday, October 12, 2019

We look forward to your participation in the Forty-Eighth Annual Pacific Grove Cross Country Meet on Saturday, October 12, 2019. We will use the same format as last year and start all races on the Varsity baseball field and finish in the stadium. Bus parking will be available in the schools' back parking lot off Forest Lodge Road or along Sunset Drive (front of school). Cars or Vans are allowed on the parking lot above the varsity baseball field off Sunset Drive.

The course (5k) will be the same as last year. See time schedule for specific start times of each race. Awards include individual medals (pictured below) to approximately 20% of participants and trophies to the top three teams (boys and girls). Team scores will be calculated as follows: first 6 runners in a given race will receive points (10-8-6-4-2-1), similar to track. Points from all four races (fresh through senior) will be added up, high points wins.

We will begin the day with the freshman races at 10:00 am and finish with senior runners starting at 1:00. Individual awards will be handed out at the finish line as the runners finish their races, and team awards at the conclusion of the boy's Senior race.

Please submit your entries through athletic.net. All entries are due by October 9, 2019. Fees for the meet are **5.50 per athlete** with a maximum fee of \$250 per team. (i.e. if you enter 12 athletes then your fee is: 12 X \$5.50 = \$66). *Please make checks payable to "Pacific Grove High School".* **Fees are due on or before the day of the meet.** The meet has been sanctioned by CCS-CIF.

We are looking forward to you competing at our invitational. We know your team will enjoy the very competitive atmosphere in Pacific Grove that day!



Time Schedule

	RACE	STARTING TIMES
Freshman Girls	1	10:00
Freshman Boys	2	10:30
Sophomore Girls	3	11:00
Sophomore Boys	4	11:30
Junior Girls	5	12:00
Junior Boys	6	12:30
Senior Girls	7	1:00
Senior Boys	8	1:30