

**CSM CRYSTAL SPRINGS CROSS COUNTRY COURSE BELMONT CA**

**Primary 2020 Schedule #1**

Fri, Aug 28, '20	3:00	Serra Jamboree	<a href="mailto:rdimaggio@serrahs.com">rdimaggio@serrahs.com</a>
<b>SEPTEMBER</b>			
Mon, Sep 7, '20	10:00	2020 NDNU Argonaut Invitational	<a href="mailto:sssmith@ndnu.edu">sssmith@ndnu.edu</a>
Wed, Sep 9, '20	4:00	CSUS MS Invitational	<a href="mailto:bgummerson@crystal.csus.org">bgummerson@crystal.csus.org</a>
Thu, Sep 10, '20	4:00	SSIL #1 *	<a href="mailto:jaclyn@bowmanschool.org">jaclyn@bowmanschool.org</a>
Mon, Sep 14, '20	4:00	SSIL #2 *	<a href="mailto:jaclyn@bowmanschool.org">jaclyn@bowmanschool.org</a>
Thu, Sep 17, '20	3:30	PSAL #1	<a href="mailto:nayres@almaheights.org">nayres@almaheights.org</a>
Tue, Sep 22, '20	4:00	WBAL MS	<a href="mailto:nayres@almaheights.org">nayres@almaheights.org</a>
Wed, Sep 23, '20	4:00	SSIL #3	<a href="mailto:jaclyn@bowmanschool.org">jaclyn@bowmanschool.org</a>
Mon, Sep 28, '20	4:00	Middle School Invitational	<a href="mailto:heypalermo@aol.com">heypalermo@aol.com</a>
Wed, Sep 30, '20	4:00	SSIL #4	<a href="mailto:jaclyn@bowmanschool.org">jaclyn@bowmanschool.org</a>
<b>OCTOBER</b>			
Mon, Oct 5, '20	4:00	SSIL #5	<a href="mailto:jaclyn@bowmanschool.org">jaclyn@bowmanschool.org</a>
Tue, Oct 6, '20	3:15	SCVAL Preview Race	<a href="mailto:kirk.flatow@gmail.com">kirk.flatow@gmail.com</a>
Wed, Oct 7, '20	3:15	Aragon Center Meet.	<a href="mailto:fhunt39@sbcglobal.net">fhunt39@sbcglobal.net</a>
Thu, Oct 8, '20	3:00	WBAL League #1	<a href="mailto:acaruana@crystal.csus.org">acaruana@crystal.csus.org</a>
Sat, Oct 10, '20	9:00	Serra Invitational	<a href="mailto:rdimaggio@serrahs.com">rdimaggio@serrahs.com</a>
Tue, Oct 13, '20	4:00	WBAL MS Championships	<a href="mailto:rcannone@csus.org">rcannone@csus.org</a>
Wed, Oct 14, '20	4:00	SSIL #6	<a href="mailto:jaclyn@bowmanschool.org">jaclyn@bowmanschool.org</a>
Thu, Oct 15, '20	3:30	PSAL #2	<a href="mailto:nayres@almaheights.org">nayres@almaheights.org</a>
Wed, Oct 21, '20	4:00	SSIL Championship	<a href="mailto:jaclyn@bowmanschool.org">jaclyn@bowmanschool.org</a>
Thu, Oct 22, '20	3:30	PSAL#3	<a href="mailto:nayres@almaheights.org">nayres@almaheights.org</a>
Wed, Oct 28, '20	4:00	ADAL Championships	<a href="mailto:heypalermo@aol.com">heypalermo@aol.com</a>
Thu, Oct 29, '20	2:30	PAL #3	<a href="mailto:farnsworthp@cabrillo.k12.ca.us">farnsworthp@cabrillo.k12.ca.us</a>
Sat, Oct 31, '20	10:00	NIRCA Regional	<a href="mailto:stephanie.bartley@clubrunning.org">stephanie.bartley@clubrunning.org</a>
<b>NOVEMBER</b>			
Mon, Nov 2, '20	3:00	BVAL Championships	<a href="mailto:ckirk@sjuhs.org">ckirk@sjuhs.org</a>
Tue, Nov 3, '20	1:30	SCVAL Championships	<a href="mailto:kirk.flatow@gmail.com">kirk.flatow@gmail.com</a>
Wed, Nov 4, '20	2:00	WCAL Championships	<a href="mailto:rdimaggio@serrahs.com">rdimaggio@serrahs.com</a>
Thu, Nov 5, '20	3:30	PSAL Championships	<a href="mailto:nayres@almaheights.org">nayres@almaheights.org</a>
Fri, Nov 6, '20	2:00	WBAL League Championships	<a href="mailto:acaruana@crystal.csus.org">acaruana@crystal.csus.org</a>
Sat, Nov 7, '20	10:00	PAL Championships	<a href="mailto:farnsworthp@cabrillo.k12.ca.us">farnsworthp@cabrillo.k12.ca.us</a>
Mon, Nov 9, '20	TBD	Rain out date for HS Championship Races	
Sat, Nov 14, '20	10:00	<b>Central Coast Section Championships</b>	<a href="mailto:sfilios@cifccs.org">sfilios@cifccs.org</a>

Proposed Schedule #1

**Bob Rush**

**116 Wycombe Avenue**

**San Carlos CA 94070-1843**

**Home/Office 650-595-3619**

**Mobile 415-730-8299**

[rushruner@gmail.com](mailto:rushruner@gmail.com)

**Andreas Wolf-AD CSM**

650-574-6462

[wolf@smccd.edu](mailto:wolf@smccd.edu)

Karjari Burns CSM Coach

[kburns49@gmail.com](mailto:kburns49@gmail.com)

It will be a requirement to have [650-574-6443](tel:650-574-6443)

Be sure to make arrangements in office

**Peter Tapia - Emergency Medical Services**

P.O. Box 833

phone 415-722-8876

Penngrove CA 94951-0833

[peter@specialmedicalaid.com](mailto:peter@specialmedicalaid.com)

**Do not use Hallmark Park garbage containers!!! All Cardboard and plastic bottles must be placed in the recycle bin**

You will not have to schedule practices on this schedule, however, you are not allowed to have

practice of any type on the day in which competition is taking place. No exceptions. It will be the coaches responsibility to check this schedule and be sure that you don't arrive on a race day. You will not be allowed on the course anywhere.

When holding practice of any type on the course, you are required to have in your possession, **on the course**, an emergency medical kit and emergency medical cards for all athletes. Athletes are not to practice anywhere when the course is muddy.

Schools who allow their athletes to practice on the course when muddy will be heavily fined.

On race days, the head coach must have in his/her possession a medical card for each athlete or they can't compete.

**COACHES & RACE DIRECTORS: READ THE ABOVE MESSAGE.** You will be held responsible for its content!!!!

On race days, the head coach must have in his/her possession a medical card for each athlete or they can't compete.

Only EMT Peter Tapia or his desinee is authorized to call 911 in an emergency. If anyone else calls Mr. Tapia has to know.

**(If you are looking at a schedule lower than #20, you are looking at the wrong one)**