

CASTRO VALLEY --CC-> INVITATIONAL

Date: Saturday, October 14, 1995

Location: Canyon Middle School, Castro Valley

Schedule:

Time	Race	Distance	Team Medals	Individual Medals	Entries
9:00	Coaches	2.1 miles	---	---	unlimited
9:25	Boys' Frosh	2.1 miles	top 1	top 10	unlimited
9:50	Girls' Frosh-Soph	2.1 miles	top 2	top 15	unlimited
10:15	Boys' Frosh-Soph	2.1 miles	top 2	top 15	unlimited
10:40	Girls' JV	2.1 miles	top 1	top 10	unlimited
11:05	Boys' JV	2.1 miles	top 1	top 10	unlimited
11:30	Girls' Varsity	3.0 miles	top 3	top 20	unlimited
12:05	Boys' Varsity	3.0 miles	top 3	top 20	unlimited
12:45	Awards presentation in gymnasium				

Castro Valley Invitational Features:

- challenging hilly course
- Medals galore
- free T-shirts to all coaches who complete the coaches' race
- run JV teams even with SAT depleted varsity
- a race for all age and ability groups

JV Entries: Coaches, I know that this is the first official SAT weekend of the scholastic year and many eager juniors and seniors (and some sophomores!) are precommitted to taking the test. I also know that cross country runners tend to be very academic-oriented. What this means is that not all runners will be available to run this weekend. The Castro Valley Invitational offers this solution: If any of your top 5 runners are unavailable to run, you may still run a full JV team and run an incomplete varsity. This is strictly on the honor system, so we are relying on your word on this.

Fees: \$7.00 per individual, \$20.00 per team, \$90.00 maximum fee. Make Checks out to Castro Valley High School.

Facilities: Bathrooms are in the gym. Please arrive dressed to run. A trainer will be on duty. There will be a snack bar.

Entry Deadline: Friday, October 6, 1995

Mail to : Peter Brewer c/o Castro Valley High School
19400 Santa Maria Avenue
Castro Valley, CA 94546

or FAX : (510) 582-3924 (School) or (510) 945-1510 (home)

Directions: Going west on 580 -- take Castro Valley Boulevard exit; turn left on Castro Valley Boulevard; turn right on Crow Canyon Road; turn left on Cull Canyon Road; turn right on Heyer; Canyon Middle School is on top of hill.

Going east on 580 -- take Center Street exit; turn left on Center and go over the freeway; turn right on Castro Valley Boulevard; turn left on Crow Canyon Road; turn left on Cull Canyon Road; turn right on Heyer; Canyon Middle School is on top of hill.

Meet will be run rain or shine.

Any questions? feel free to call Peter Brewer at school 510-537-5910 or at home 510-945-8869 or FAX 510-582-3924 (school) or 510-945-1510 (home).

CASTRO VALLEY --CC-- INVITATIONAL ENTRY FORM -- BOYS

School _____ Coach _____ Home Phone _____

YARSITY (7 only)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

JUNIOR YARSITY (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

FROSH-SOPH (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

FROSH (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

COACHES (unlimited)

- _____
- _____
- _____
- _____

CASTRO VALLEY --CC-- INVITATIONAL ENTRY FORM -- GIRLS

School _____ Coach _____ Home Phone _____

YARSITY (7 only)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

JUNIOR YARSITY (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

FROSH-SOPH (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

COACHES (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Please return this note in the envelope provided.

Check the appropriate response:

_____ **YES**, I and my team eagerly anticipate competing in the Castro Valley Invitational. We will most definitely attend.

_____ **WELL**, I am intrigued by the possibility but cannot with any certainty decide now. I'll get back to you.

_____ **NO**, our participation in your event is not meant to be right now. Maybe next year.

School _____

Coach _____

Phone _____