

THE MONTEREY BAY INVITATIONAL
TORO COUNTY PARK
FRIDAY EDITION
OCTOBER 17, 2008

It is our privilege to invite you and your athletes to the 9th annual Monterey Bay Invitational - Friday Edition, a Central Coast Section sanctioned meet. The 3.0 mile Championship course encompasses grass, wide dirt trails, long up and down paths, with some short hills in the middle 1.5 to 2.0 mile area. The course has gained the reputation as one of the best places to race. The park itself is an awesome place to have an invitational as there are lots of picnic and BBQ areas, bathrooms, large grass play areas nestled among hundreds of giant oak trees.

10/17/08 FRIDAY COMPETITION

DIVISION	TIME	LIMIT	DIVISION	TIME	LIMIT
J.V. Boys	3:00	none	Varsity Girls	3:30	7
Varsity Boys	4:00	7	J.V. Girls	4:30	none
F/S Boys	5:00	none			

AWARDS

Friday Competition: Team medals for the top 7 of the top 2 F/S, top 2 boys JV teams, top 4 girls JV teams and to the 3 top Varsity teams in each race. Individual medals to the top 30 all races.

ENTRY FEES: \$130.00 school max., \$30.00 per race, \$5.00 per individual. An additional \$25.00 fee if entries are not done through athletic.net. Make checks payable to: **NORTH SALINAS HIGH SCHOOL CROSS COUNTRY**

ENTRY DEADLINE: All rosters are due by Sunday, October 12th, 2008 at 8:00 p.m.. All entries will be handled through athletic.net. Please designate whether your team is competing on Friday. Friday competition will be limited to the first 25 teams signed up for that day. If you do not send entries through athletic.net and choose to pay the \$25.00 service fee, please email in **excel format** to xcnut@aol.com attn: MONTEREY BAY INVITE ENTRIES and include fields for: **LAST NAME** **FIRST NAME** **GRADE LEVEL** **GENDER** **SCHOOL** Contact is Alan Green (meet director) at (831) 796 -7579(S) or (831) 449-2627(H).

PARKING: Buses are free. All other vehicles are \$6.00. Vans filled with team members in uniform usually are not charged a park entrance fee.

Concessions and T-shirts will be available both days!

GREAT MEET!

LOTS OF MEDALS!

INCREDIBLE COURSE!

TONS OF FUN!

SEE YOU AT THE MONTEREY BAY INVITATIONAL!

How to Submit Meet Entries Online

Athletic.net is a resource for high school Track & Field and Cross Country coaches, offering free **statistic tracking**, easing **meet registrations**, and providing free tools to simplify common coaching tasks. Follow the 4 steps below to get started:

1. Locate your school and sign up for a free coach account

- In a web browser, go to the website: www.athletic.net
- Locate your state, and then your school
- Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- After you have received the confirmation email, you may proceed to the next section

2. Enter your season calendar (*You only need to enter the Monterey Bay Invitational*)

- Use your email address and password to sign into the website, and again locate your school's page
- Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- Where it says "Add meet to the Calendar" select the date **10/17/2008** or **10/18/2008** and click **Continue >**
- For Region, select: **CA: Central Coast**
- Click **Select** on line that says: **North Salinas HS, Salinas, Monterey Bay Invitational**
- Review the information and click **Save**
- Repeat this process for the rest of your calendar
- Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

3. Register athletes for the North Salinas Invitational

- Again on your school's page, click "**Meet Registration**" - (*Located in COACH TOOLS: directly above your school name on computer screen.*)
- Locate **Monterey Bay Invitational** in the right column and click on it
- Use the boxes on the bottom of the page to add any additional athletes
- Click on either an Athlete or an Event
- Select the athletes you want to compete
- Be sure to click the Update button to save your changes after updating the athlete or event
- To remove athletes from an event, select the '--' line
- Print your entries for use at the meet

THE MONTEREY BAY INVITATIONAL
TORO COUNTY PARK
SATURDAY EDITION
OCTOBER 18, 2008

It is our privilege to invite you and your athletes to the 8th annual Monterey Bay Invitational, a Central Coast Section sanctioned meet. The 3.0 mile course encompasses grass, wide dirt trails, long up and down paths, with some short hills in the middle 1.5 to 2.0 mile area. The park itself is an awesome place to have an invitational as there are lots of picnic and BBQ areas, bathrooms, large grass play areas nestled among hundreds of giant oak trees.

10/18/08 SATURDAY COMPETITION

Park Gate Opens 8:00 a.m.

DIVISION	TIME	LIMIT	DIVISION	TIME	LIMIT
J.V. Girls	9:30	none	J.V. Boys	10:00	none
F/S Girls	10:30	none	F/S Boys (Div. 3, 4, 5)	11:00	none
			F/S Boys (Div 1, 2)	11:30	none
Varsity Girls Div (3, 4, 5,)	12:00	(7)	Var Boys (Div. 3, 4, 5)	1:00	7
Varsity Girls (D1, 2)	12:30	(7)	Var Boys (D1, 2)	1:30	7

* A team may only enter one varsity or F/S race on Saturday. A team may elect to move into the large school division races if they so choose.

AWARDS

Saturday Competition: Team medals to the top 3 varsity teams, the top 2 F/S teams and the first place JV teams in each race. Individual medals to the top 30 runners in each race.

ENTRY FEES: \$130.00 school max., \$30.00 per race, \$5.00 per individual. An additional \$25.00 fee if entries are not done through athletic.net. Make checks payable to: **NORTH SALINAS HIGH SCHOOL CROSS COUNTRY**

ENTRY DEADLINE: All rosters are due by Sunday, October 12th, 2008 at 8:00 p.m. All entries will be handled through athletic.net. Please designate whether your team is competing on Friday or Saturday. Friday competition will be limited to the first 25 teams signed up for that day. **ENTRY**

DEADLINE: All rosters are due by Sunday, October 18th, 2008. **All entries will be handled through athletic.net.** Please sign up on the Correct day as there is competition on both Friday and Saturday. Friday competition will be limited to the first 25 teams signed up for that day. If you do not send entries through

athletic.net and choose to pay the \$25.00 service fee instead, please email in **excel format** to xcnut@aol.com attn: MONTEREY BAY INVITE ENTRIES and include **[LAST NAME] [FIRST NAME] [GRADE LEVEL] [GENDER]**. Contact is Alan Green (meet director) at (831) 796 -7579(S) or (831) 449-2627(H).

PARKING: Buses are free. All other vehicles are \$6.00. Vans filled with team members in uniform usually are not charged a park entrance fee.

Concessions and T-shirts (limited supply) will be available both days!

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