



# JUNIPERO SERRA HIGH SCHOOL

A Catholic College Preparatory

1 September 2009

Dear Cross Country Coach,

Junipero Serra High School would like to invite your team(s) to participate in the 35<sup>th</sup> annual Crystal Springs Cross Country Invitational to be held on Saturday, October 10<sup>th</sup>, 2009. The race will be held, as always, at the Crystal Springs International Cross Country course in Belmont, California.

Our entry procedures are the same as last year. Please read the entry instructions on the back page. We will use **Direct Athletics** to register entrants this year. Their website is [www.directathletics.com](http://www.directathletics.com). You must enter all your athletes at this website under the **Crystal Springs Invitational** event. Coaches who do not enter their athletes correctly will be fined or their runners will not be allowed to compete.

The meet is sanctioned by the Central Coast Section for all schools in California. The Crystal Springs Course is 2.95 miles of rolling hills, all run on trails. The layout of the course is excellent for both runners and spectators. Chemical toilets and drinking fountains are available at the course. A full snack bar will be in operation as in past years. We will again be selling the traditional, long-sleeved, Crystal Springs Invitational T-shirts. There are no dressing rooms, so have athletes arrive ready to compete.

**Please respect the private property in the area.** Do not go on to people's property to get water or for any other reason. **Please do not block people's driveways.** **Coaches are requested to review the enclosed course rules with their athletes and bus drivers.**

TIME SCHEDULE for RACES:	9:00 am	Boys Junior Varsity
	9:30 am	Boys Varsity
	10:00 am	Boys Championship Varsity
	10:30 am	Girls Varsity
	11:00 am	Boys Sophomore
	11:30 am	Girls Junior Varsity
	12:00 am	Boys Freshman
	12:30 am	Girls Frosh/Soph

Have all the athletes at the starting line at least five minutes before race time to receive instructions. Traditionally, we have not used a public address system. Athletes are responsible to be on time for their race.

## AWARDS

A commemorative plaque will be awarded to the winning team in each race. T-shirts are awarded to the top 15 finishers in each race.

## ENTRY FEES (Please be mindful of increased entry fees.)

\$10.00 per individual or 7 individuals pay \$50, 14 individuals pay \$100, 21 individuals pay \$150 and 28 individuals and above pay \$200 maximum fee per school: Please be mindful that a discount is offered per 7- person teams, other individuals above that team limit are charged \$10/person. If you have questions regarding entry fees or procedures contact me by phone or at the e-mail address below.

Please make checks payable to Junipero Serra High School. Checks may be sent to our school care of Cross Country or brought with you on race day. Payment must be received by race day in order for your athletes to participate. Personal checks are accepted and can be held until the school check arrives. There are no refunds for no shows!

#### Scoring

Standard cross country scoring will be used. Athletes will be assigned bib numbers and are requested to remove their tags at the conclusion of their race. Our computer will score each race and official results will be posted soon after. All athletes must be registered in order to participate. Absolutely no "unofficial" entries are permitted. Runners without bib numbers are not allowed to race.

#### Entries

Enter all athletes on the Direct Athletics website under the Crystal Springs Invitational site. Be sure to spell names correctly, plus provide their year in school. The Runscore program will score the individuals in the race they run. Top seven from each team are scored. The first five individuals score, the next two displace. All VARSITY races are limited to seven individuals. All other races have unlimited entries. Please be mindful that entry fees are based on seven person teams. Numbers beyond seven within a race must pay an individual cost of \$10/person.

**NO ENTRY CHANGES WILL BE MADE ON RACE DAY!** If you have an athlete that you want to run Varsity, but entered on the Junior Varsity race, simply run him in the Varsity race because he is already in the computer. If you have an athlete that is not entered in any race, but would like to run him IN PLACE OF an athlete who is entered, simply have the athlete wear the race number of the person he is replacing. Coaches will have to remember that the originally entered runner was replaced.

#### MAIL CHECKS TO:

Serra Cross Country  
Junipero Serra High School  
451 West 20<sup>th</sup> Ave.  
San Mateo, CA 94403

#### INQUIRIES:

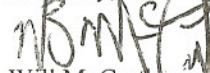
wmccarthy@serrahs.com or call  
Will McCarthy at  
(650) 345-2407, ext. 522

**ENTRY DEADLINE:** **TUESDAY, OCTOBER 6<sup>th</sup>, 2009.** Get entries in early! Last year teams were turned away after our **maximum quota of 2000 participants** had registered.

**No race day entries.**

We look forward to seeing you on October 10<sup>th</sup> at Crystal Springs in Belmont, CA.

Sincerely,



Will McCarthy  
Head Cross Country Coach, Author,  
Meet Director



Crystal Springs Cross Country  
Invitational Regulations

Please review  
with your athletes.  
Thanks  
JBME

General Course Rules:

1. No dogs on the course.
2. No bicycles on the course.
3. No rock throwing.
4. Pick up all litter and place in debris box. (No glass containers.)
5. No: footballs, nerf balls, frisbees, or other throwing activities.
6. No boom boxes or sound machines.
7. Runners are to stay on designated trails.
8. Runners are to clear course when races are in progress.
9. Busses are never to double park while unloading or loading passengers or equipment.
10. Runners are not to loiter or go on any private property in the neighborhood.
11. No one is allowed in water tank area. (Belmont Water District property)

**It is each school's coach's responsibility to enforce these rules.**

**Athletes, coaches, bus drivers or school officials not adhering to the rules of the park will be subject to a \$50 fine. Please cooperate with us.**

**COURSE MAP**

RAILROAD ST. GATE FENCE WATER TOWER

PARKING CTR. TO STATION

10,000 METERS • A-B-C-D-E-F-G-H-I-J-K-L-M (1st Loop)  
(Routing) M-G-F-E-D-C-B-H-I-J-K-L-N (2nd Loop)  
(No Barriers This Race)

High School 3 Mile = H-B-C-D-F-G-H-I-J-K-L-N

J. C. 4 Mile Course  
H-B-C-D-F-G-H-I-J-L-M-I-J-K-L-N





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15 May 2009

Dear Coach,

I am writing to inform you about our upcoming Crystal Springs Invitational scheduled for Saturday, October 10<sup>th</sup>. Please read the following two items:

- 1) Entry fees are the same as last year. We hope you understand that the entry fees offset many of the costs associated with running at the Crystal Springs Cross Country Course. \$10/individual, \$50/team (7 individuals) or \$200 maximum per school regardless of number of entries. We have eight different races from which to select: Five boy's races and three girl's races.
- 2) Last year, for the second time in the history of our invitational, we reached our quota of 2000 athletes participating. I had to close the registration two days early, resulting in several teams being turned away. We cannot safely monitor more than 2000 runners; consequently, if we reach our quota of 2000 again, I will close registration at that time. As we state clearly in our race application, which will be sent September 1<sup>st</sup>, register your athletes early on Direct Athletics and make the commitment to run our race. Since the 2009 Central Coast Section Championships are scheduled to be run at Crystal Springs we anticipate that our invitational will reach the maximum quota of participants.

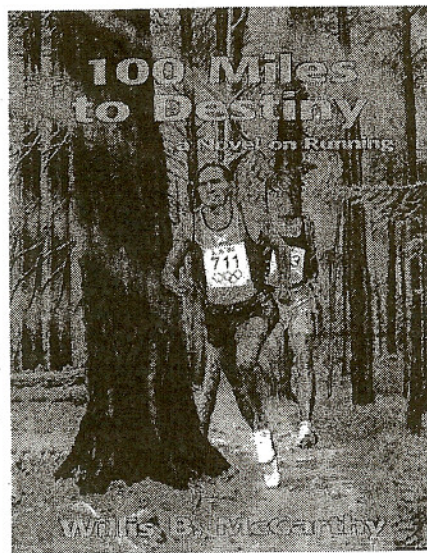
Additionally, if you register your team on Direct Athletics and later decide not to participate, please remember to remove your team's roster from the Direct Athletics' website. That will free-up some space for other schools wishing to enter their teams.

If you have questions regarding this bulletin please contact me and I will reply promptly.  
e-mail: [wmccarthy@serrahs.com](mailto:wmccarthy@serrahs.com) or call (650) 345 – 8207, ext. 522.

We hope you have had a successful track & field season, and we look forward to seeing you at our Crystal Springs venue on October 10<sup>th</sup>.

Have a good summer,

Will McCarthy, Race Director and Author



I have written a book on distance running like no other. 100 Miles to Destiny takes the reader to an endurance event like no other. The time is the 1984 Summer Olympics hosted by the city of Los Angeles and the venue of the Olympic race is the Western States Trail. An international cast of characters will take you on their journey in which athletes contest in a footrace of 100 miles across the rugged expanse of the Western Sierra Nevada. For more information about this unique work of literature I invite you to view my website:  
[www.100milestodestiny.com](http://www.100milestodestiny.com)

W. B. Mc.