

CSM CRYSTAL SPRINGS CROSS COUNTRY COURSE BELMONT CA

FINAL 2019 Schedule #20

Fri, Aug 30, '19	3:00	Serra Jamboree	rdimaggio@serrahs.com
SEPTEMBER			
Sat, Sep 7, '19	10:00	2019 NDNU Argonaut Invitational	sssmith@ndnu.edu
Wed, Sep 11, '19	4:00	CSUS MS Invitational	bgummerson@crystal.csus.org
Thu, Sep 12, '19	4:00	SSIL #1 *	jaclyn@bowmanschool.org
Mon, Sep 16, '19	4:00	SSIL #2 *	jaclyn@bowmanschool.org
Thu, Sep 19, '19	3:30	PSAL #1*	nayres@almaheights.org
Tue, Sep 24, '19	4:00	WBAL MS	nayres@almaheights.org
Wed, Sep 25, '19	4:00	SSIL #3*	jaclyn@bowmanschool.org
Mon, Sep 30, '19	4:00	Middle School Invitational	heypalermo@aol.com
OCTOBER			
Wed, Oct 2, '19	4:00	SSIL #4*	jaclyn@bowmanschool.org
Mon, Oct 7, '19	4:00	SSIL #5*	jaclyn@bowmanschool.org
Tue, Oct 8, '19	3:15	SCVAL Preview Race	kirk.flatow@gmail.com
Wed, Oct 9, '19	3:15	Aragon Center Meet.	fhunt39@sbcglobal.net
Thu, Oct 10, '19	3:00	WBAL League #1	acaruaana@crystal.csus.org
Sat, Oct 12, '19	9:00	Serra Invitational	rdimaggio@serrahs.com
Tue, Oct 15, '19	4:00	WBAL MS Championships	rcannone@csus.org
Wed, Oct 16, '19	4:00	SSIL #6*	jaclyn@bowmanschool.org
10/17/2019	3:30	PSAL #2	nayres@almaheights.org
Wed, Oct 23, '19	4:00	SSIL Championship*	jaclyn@bowmanschool.org
Thu, Oct 24, '19	3:30	PSAL#3	nayres@almaheights.org
Tue, Oct 29, '19	2:30	PAL #3	farnsworthp@cabrillo.k12.ca.us
Wed, Oct 30, '19	4:00	ADAL Championships	heypalermo@aol.com

NOVEMBER

Sat, Nov 2, '19	10:00	NIRCA Regional *	stephanie.bartley@clubrunning.org
Mon, Nov 4, '19	3:00	BVAL Championships	ckirk@sjuhs.org
Tue, Nov 5, '19	1:45	SCVAL Championships	kirk.flatow@gmail.com
Wed, Nov 6, '19	2:00	WCAL Championships	rdimaggio@serrahs.com
Thu, Nov 7, '19	12:00	PSAL Championships*	nayres@almaheights.org
Fri, Nov 8, '19	2:00	WBAL League Championships	acaruaana@crystal.csus.org
Sat, Nov 9, '19	10:00	PAL Championships	farnsworthp@cabrillo.k12.ca.us
Mon, Nov 11, '19		Rain out date for HS Championship Races	
Sat, Nov 16, '19	10:00	Central Coast Section Championships	sfilios@cifccs.org

Proposed Schedule #20

Tue, Aug 13, '19

Andreas Wolf-AD CSM

650-574-6462

wolf@smccd.edu

Karjari Burns CSM Coach

kburns49@gmail.com

It will be a requirement to have rushrunner@gmail.com

Be sure to make arrangements office [650-574-6443](tel:650-574-6443)

Bob Rush

116 Wycombe Avenue

San Carlos CA 94070-1843

Home/Office 650-595-3619

Mobile 415-730-8299

Rush Timing Confirmed

Peter Tapia - Emergency Medical Services

P.O. Box 833

phone 415-722-8876

Penngrove CA 94951-0833

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)