



PACIFIC GROVE HIGH SCHOOL INVITES YOU TO THE SECOND ANNUAL PALO CORONA INVITATIONAL

Our annual Cross Country Invitational will be held again this year at the newly forged Palo Corona Cross Country Trail on **October 7th, 2023**.

"The Palo Corona cross-country course is a jewel for Monterey County offering groomed trails for a scenic stroll and high-level competition for local athletes of all ages. My hope is that this course will spark a love for running in our community for generations to come."

--Blake Russell, Olympian, national champion and Pacific Grove resident

SCHEDULE

(Subject to change based on entries)

10:00	Boys Varsity (max 7)	12:00	Boys Sophomore
10:30	Girls Varsity (max 7)	12:30	Girls Sophomore
11:00	Boys JV	1:00	Boys Freshmen
11:30	Girls JV	1:30	Girls Freshmen

AWARDS

The top three teams in each race will receive a plaque, and the top 7 athletes on each of these teams will receive a medal. Medals will also be awarded to the top 15 in each race not on a 1st or 2nd place team.

ENTRY FEES

Individual: \$20 Team: \$150 Max per school: \$400

Entries and payment of fees will be done through Athletic.net. Varsity teams are limited to 7 athletes, all other divisions are unlimited. The deadline for entries is **Sunday, October 2nd**, or when we reach 1000 entries, whichever comes first. Entry fees must be paid in advance. There will be no changes made after October 2nd, and no race day entries.

Come for the meet, and stay for the magnificent Central Coast fall weather. We know you'll be excited to have your athletes run on this spectacular new course. We are looking forward to hosting you this fall.

Chris Morgan, Athletic Director cmorgan@pgusd.org