

San Diego SoCal RoadRunners CROSS COUNTRY MEET

**** SUNDAY, November 1st, 2009 ****

MEET DIRECTOR: Mike Mena (760) 294-7982

MEET LOCATION:

Kit Carson Park
3333 Bear Valley Parkway
Escondido, Ca 9202

COURSE WALK: 8:00 A.M

. This is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills (Spikes are not recommended)

START TIME: 9:00 A.M.

ENTRY FEES: \$ 3.00 per athlete and \$ 10.00 per team entry.

For Pre- REGISTRATION:

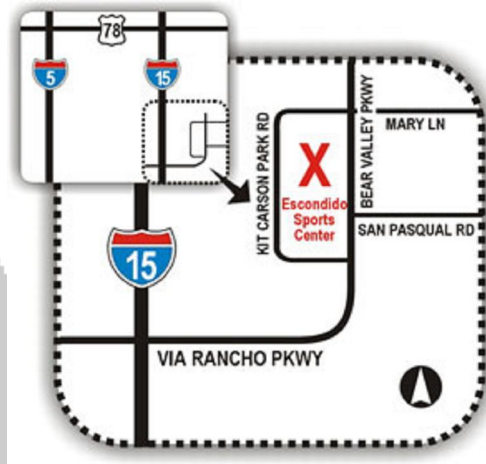
All entries must be received no later than **October 30, 2009**.
Mail entries & fees to San Diego SoCal RoadRunners, 550 E 8th Ave
Escondido 92025

or e-mail socalroadrunners@cox.net early registration helps run a smoother and faster meet.

AGE DIVISIONS:

Sub-Bantam (born 2001 and later) – 2k run (1.2 miles)
Bantam (born 1999-2000) – 3k run (1.8 miles)
Midget (born 1997-1998) – 3k run (1.8 miles)
Youth (born 1995-1996) – 4k run (2.4 miles)
Intermediate (born 1993-1994) – 5K run (3.1 miles)
YW / YM (1991- 1992) and Parent / Open Race 5K Run (3.1 miles)

DIRECTIONS:



Kit Carson Park

Will be the site of the 2009 USATF Region 15
JO Cross Country Championship Meet

Coming from the north, take the (i-5) south and exit on highway 78 east. merge onto ca-78 e toward Escondido, merge onto i-15 s toward San Diego (5 miles). take the via rancho parkway exit, turn right onto w via rancho pkwy. w via rancho pkwy becomes bear valley pkwy s. you will see soccer fields on your left, pass San Pasqual High School on your right, turn left onto Kit Carson Park rd. pass Escondido sport center on your left, turn right look for the large “snake” near the rest rooms

Coming from the South, take (I-15) North exit W.VIA RANCHO PKWY turn right follow directions above from this point on

AWARDS:

Metals to 1th thru 5th Place runners and participant ribbons to all
1st Place trophies to each winning team, **must** be 3 teams per division

Only the top 8 runners score for teams

Trophies will be given out at the Regional meet

*** There will be a Concessions Stand for Refreshments and Food ***