

# San Diego SoCal RoadRunners

## CROSS COUNTRY MEET

\*\* SUNDAY, November 6<sup>th</sup> 2011 \*\*

**MEET DIRECTOR:** Mike Mena (760) 294-7982

### MEET LOCATION:

Kit Carson Park  
3333 Bear Valley Parkway  
Escondido, Ca 9202

## Site of the 2011 USATF Cross Country Regional Championship Meet

### COURSE WALK: 7:15 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: 8:30 A.M.

### ENTRY FEES: \$5.00 per athlete

A team will consist of at least 3 runners and a maximum of 5 runners per team. Fees must be paid in cash, certified funds, or club check. Make team checks or money orders payable to "SDRR".

### NO PERSONAL CHECKS.

### Pre- REGISTRATION:

Please send on entries by no later than **November 4th, 2011.**

e-mail [sandiegoroadrunners@gmail.com](mailto:sandiegoroadrunners@gmail.com) Please note that early registration helps run a smoother and faster meet.

### AGE DIVISIONS:

Sub-Bantam (born 2003 and later) – 2k run

Bantam (born 2001-2002) – 3k run

Midget (born 1999-2000) – 3k run

Youth (born 1997-1998) – 4k run

Intermediate (born 1995-1996) – 5k run

### DIRECTIONS:

**Coming from the north,** take the (I-5) south and exit on highway 78 east. merge onto ca-78 east toward Escondido, merge onto I-15 south 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 1<sup>th</sup> thru 6th place runners and participant ribbons to all  
1<sup>st</sup> Place trophies to each winning team, **must** be 2 teams per division

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