

# CASTRO VALLEY HIGH SCHOOL 2010 TROJAN CROSS --CC--> COUNTRY INVITATIONAL



*Kelsey Santisteban of Castro Valley looks to defend her 2009 title.*

## 2010 Castro Valley Cross-Country Invitational

Saturday, October 9, 2010

Canyon Middle School, Castro Valley  
19600 Cull Canyon Road, Castro Valley, CA 94552

### Castro Valley Invitational Features:

- challenging hilly course with good spectator visibility
- Junior High/ Elementary race -- see the stars of tomorrow!
- medals galore
- free T-shirts to all paid coaches who complete the coaches' race
- A race for all age and ability groups

**Castro Valley High School**  
**Cross --CC--> Country**  
19400 Santa Maria Avenue  
Castro Valley, CA 94598

Schedule:	Time	Race:	Distance	Team Medals	Ind. Medals	Entries
	9:00	Coaches	2.1 miles	none	all	unlimited
	9:25	Junior High Girls	1.5 miles	top 1	top 25	unlimited
	9:45	Junior High Boys	1.5 miles	top 1	top 25	unlimited
	10:05	Boys' Frosh	2.1 miles	top 3	top 20	unlimited
	10:30	Girls' Frosh-Soph	2.1 miles	top 4	top 25	unlimited
	11:00	Boys' Frosh-Soph	2.1 miles	top 4	top 25	unlimited
	11:25	Girls' Varsity	3.0 miles	top 5	top 30	unlimited
	12:00	Boys' Varsity	3.0 miles	top 5	top 30	7 only
	12:30	Girls' Junior Varsity	2.1 miles	top 3	top 20	unlimited
	1:00	Boys' Junior Varsity	2.1 miles	top 3	top 20	unlimited

## **THE COURSE:**

The Canyon course is a challenging 3.0 and 2.1 mile run, with hills, trails, and grass. The heart of the course is a hilly mile loop of trails and trees -- the Canyon - that makes up the last 1.1 mile of the race.

## **ON-LINE REGISTRATION:**

The Coaches' race and the Middle School races will still be hand-scored, but we will be entering the 21st century on the rest. Please follow entry procedures as listed.

### *Reminders:*

- The Middle School races have been lengthened to 1.5 miles. As these races have become more popular, it is necessary to have a longer race to spread out the field.
- The Junior Varsity Races are now scheduled after the varsity races. JV squads that are entered without fielding a full varsity squad will be disqualified.

## **AWARDS:**

Awards are listed on the schedule.

- Individual medals are handed out in the chute
- team plaques are available as soon as results are posted.

## **COACHES' RACE -- Free !!**

All finishers in the coaches' race receive medals, and all finishers who are paid coaches (honor system here) can redeem their finish card for a free T-shirt. Please fill out your name tags legibly for the eventual results posting.

## **FEES:**

\$15.00 per individual

\$30.00 per team

\$175.00 maximum fee

Make checks out to:

Castro Valley High School.

(note: "nuisance" fee for late entries -- sorry

\$10.00 per individual

\$15.00 per team

\$50.00 per school)

## **Middle School/Elementary Race**

- Team plaques to the top boys' and top girls' team in each race.
- Medals to the top 25 boys and top 25 girls.

## **Middle School/Elementary Registration:**

Middle School teams will register on a same-day basis, and the meets will be hand scored. Be sure to go to the Registration Table early to get your name tags and fill them out clearly.

## **FACILITIES:**

Portable bathrooms are on the track.

Please arrive dressed to run.

A trainer will be on duty.

There will be a snack bar.

T-shirts will be on sale for \$15.00.

## **Entries and Registrations:**

**www.athletic.net**

All registrations (except the Middle School races) will be handled on-line at *www.athletic.net*. This requires each team to set up a team page in a few steps, and then enter this meet. There is a very helpful tutorial on the site.

**Entries are due Saturday, October 2**

## **DIRECTIONS:**

*Going West on 580 --*

take Castro Valley Boulevard exit;  
turn left on Castro Valley Boulevard;  
turn right on Crow Canyon Road;  
turn left on Cull Canyon Road;  
turn right on Heyer;  
Canyon Middle School is on top of the hill.

*Going East on 580 --*

take Center Street exit;  
turn left on Center and go over freeway;  
turn right on Castro Valley Boulevard;  
turn left on Crow Canyon Road;  
turn left on Cull Canyon Road;  
turn right on Heyer;  
Canyon Middle School is on top of the hill.

## **Any Questions?**

*Feel free to call:*

Peter Brewer

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*Feel free to E-mail:*

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