

San Diego RoadRunners

CROSS COUNTRY MEET

**** SUNDAY, November 6th 2016 ****

MEET DIRECTOR: Mike Mena (760) 917-9007

MEET LOCATION:

Kit Carson Park
3333 Bear Valley Parkway
Escondido, CA 92027

**Site of the 2016 Regional Qualifier for 2016
USATF JO National XC Championship Meet to be held in Hoover, AL**

COURSE WALK: 7:00 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: 8:00 A.M.

ENTRY FEES: \$5.00 per athlete

Fees must be paid in cash, certified funds, or club check. Make team checks or money orders payable to
"SDRR".

NO PERSONAL CHECKS.

Day of Meet Registration will open at 6:30 am

Pre- REGISTRATION:

Please send on entries by no later than **November 4th 2016.**

e-mail sdrrxc@gmail.com Please note that early registration helps run a smoother and faster meet.

AGE DIVISIONS:

8 - Under (born 2008 and later) – 2k run (**Boys & Girls might be combined**)

9 – 10 (born 2006-2007) – 3k run

11 – 12 (born 2004-2005) – 3k run

13 -14 (born 2002-2003) – 4k run

15 – 16 (born 2000-1991) - (Will run with Youth)

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 W Via Rancho Parkway exit, turn right onto W Via Rancho Parkway. W Via Rancho Parkway becomes Bear Valley Parkway. 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 8th place runners and participant ribbons to all

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