

CRYSTAL SPRINGS CROSS COUNTRY COURSE 2006

TENTATIVE

<u>DATE</u>	<u>DAY</u>	<u>Time</u>	<u>RACE NAME</u>	<u>RACE DIRECTOR</u>	
August					
8/31	Thursday	3:15	Serra Time Trials	Will McCarthy	
SEPTEMBER					
9/5	Tuesday	3:00	Aragon & Mt. Pleasant	Bill Daskarolis	
9/13	Wednesday	4:00	CSUS The Relay Jamboree	Al Caruana Crystal Springs Uplands	
9/14	Thursday	3:15	Serra Intersquad	Will McCarthy	
9/28	Thursday	3:00	PAL Intro	Jim Hume jcdhume@global.net	
OCTOBER					
10/5	Thursday	3:15	PAL Intro	Jim Hume jcdhume@sbcglobal.net	
10/6	Friday	4:00	Peninsula Sm. School	Scott Douthit lynndance@ren.com	C. Armstrong Sch
10/7	Saturday	4:00	Crystal Springs Inv. CSM	Joe Mangan kkmchm@aol.com	
10/10	Tuesday	3:00	SCVAL Preview	Paul Jones Peej@earthlink.net	
10/11	Wednesday	3:00	ISAL/GISAL	Albert Caruana acar@csus.com	
10/12	Thursday	3:15	Center Meet #1	Bill Daskarolis Aragon 510-552-4125	Big Event
10/13	Friday	3:15	BCL Tri	Dave Robertson drobe@csus.com	
10/14	Saturday	9:00	Serra Invitational **	Will McCarthy	Extra Large Event
10/17	Tuesday	4:00	WBAL	Michael Garcia mgarcia@mercyhsb.com	
10/18	Wednesday	3:00	Cunha Invitational	Howard Clemente	
10/19	Thursday	3:15	Center Meet #2 *	Bill Daskarolis Aragon 510-552-4125	Big Event
10/23	Monday	pm	SH Cathedral Practice	Andy Chan 415-420-7149	
10/23	Monday	3:15	Serra Practice	Will McCarthy	
10/24	Tuesday	3:00	ISAL/GISAL Final	Albert Caruana acar@csus.com	
10/25	Wednesday	4:00	Crystal Sprs. Upland	Dave Robertson drobe@csus.com	
10/25	Wednesday	2:00	Coast Conferenc finals	Joe Mangan kkmchm@aol.com	
10/26	Thursday	3:15	Center Meet #3	Bill Daskarolis Aragon 510-552-4125	
10/27	Friday	4:00	ADAL League	Howard Clemente	
10/28	Saturday	9:00 AM	West Coast Conf.	Bob Rush 595-3619	
10/29	Sunday	9:00am	BHCIA Fun Run	Joan Dentner 595-3145	
10/30	Monday	12:30	BVAL *	Barbara Beard 408-265-5409	Big Event
10/31	Tuesday	2:00	SCVAL	Hank Lawson/Walt Vanzant	Big Event
NOVEMBER					
11/1	Wednesday	2:00	WCAL III *	Will McCarthy Serra	Big Event
11/2	Thursday	1:00	PAL *	Jim Hume	Big Event
11/3	Friday	3:30	CSUS-Cuhna	Al Caruana	
11/4	Saturday	2:30	NorCal Championships	Joe Mangan	
11/6	Monday	pm	SH Catherdral Practice	Andy Chan	
11/23	Thursday	9:00	Don Dooley Turkey Trot	Bob Rush	

Revised

8/23/06

2006 Revision #10

Bob Rush

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All schools that compete on the Crystal Springs Cross Country Course will be charged a flat rate of \$15.00 per school per competition, if 5 or more runners compete for the school. If the school has less than 5 runners, the charge will be \$5.00 per school. It is ~~the~~ **race directors** responsibility to collect the fees **into one lump sum for the season** and pay the fee to CSM % AD

Race Directors should be prepared to pay for police parking assistance to the Belmont Police Dept. for any large race.

Schools that have practice sessions on the course for the entire team should send Gary Dilley at CSM \$15 dollars for each practice session that the team uses the course.. This is for chemical toilets usages.