

COAST CONFERENCE Cross Country CHAMPIONSHIPS

Date:

Wednesday, October 29th, 2008

Time:

W-2:30pm –M-3:15pm

Site:

Polo Fields –Golden Gate Park, SF
Same course as the Lou Vasquez Invitational

Entry Fee:

\$40 per Men's team per college/ \$40 per Women's team per college

PAYABLE TO:

CCSF Cross Country
c/o Sean Laughlin
50 Phelan Ave. –Wellness Center
San Francisco, Ca 94112

Entries:

Must be made through www.directathletics.com

Deadline:

Monday October 27, 2008 6pm

Late Entry:

A \$20.00 processing fee will be assessed for each team entering after the entry
Dead line. Potentially a \$40.00 maximum late fee!

Awards:

- + 1st place teams will receive a plaque in each division
- + All Conference recognition for the top 14 finishers
- + 2 inch medals will be awarded for top 14 finishers in each division

Trainers:

A member of the CCSF training staff will be available near the finish line /chute area

Course Maps:

Are available at www.NorCalstat.com
(look for the link under the Lou Vasquez Invitational)

.Questions:

Sean Laughlin
RamTrack@aol.com
415 786 2550 -cell