

Crystal Springs Community College Cross Invitational

Hosted by: College of San Mateo

Site: Crystal Springs Cross Country Course, Belmont
Site of the 2009 Northern California Championships

Date: Friday, October 2, 2009

Race Times: 3:00 pm= Women
3:45= Men

Entry Procedures: Entry required through directathletics.com

Entry Deadline: Monday, Sept. 28 th @ 7:00 pm (*NO LATE ENTRIES*)

Entry Fee: \$50. 00 per team (M and W considered separate) or \$ 8. 00 per individual
Unlimited number of individual entries per college
*Please make payment payable to: **College of San Mateo Track Trust***
#2260

Awards: To the top finishers and to the winning coaches in both races

Course Information: Please refer to norcalstat.com for further information regarding course history, maps and directions.

Hotel Information: Please call Diana at the Crowne Plaza, Foster City.
650- 295- 6144. Mention: College of San Mateo

Meet Administration: Joe Mangan- 650- 574- 6448= school, 831- 438- 2735=
home or kkmchm@aol.com