

City College of San Francisco Cross Country
50 Phelan Avenue –Wellness Center
San Francisco, Ca 94112
415.239.3488

The 49th Annual LOU VASQUEZ Memorial Cross Country Invite Meet Information

- DATE:** Thursday September 24, 2009
- TIME:** Women- 3:30pm; Men- 4:30pm
- COURSE:** Polo Fields in Golden Gate Park, San Francisco –Women 3.1 mile; Men 4.0 mile
Same course as last year.
Athletes and spectators must remain off of the soccer field(s) and bike oval (asphalt) at all times
- AWARDS:** T-shirts to the top 15 in each race. Watches to the top 3. Plaques to the first place teams. Scoring will be based on the top 5 **cumulative times** for each team
- LODGING:** Crowne Plaza (Foster City) (650) 295 6144 OR Red Roof Inn near SFO (650) 342 7772
- T-SHIRTS:** A limited number will be available for \$10.00 each
- TRAINER:** You may contact our trainer, Jose Bonilla at (415) 452 5310 if needed.
- PARKING:** Please park on the surrounding streets or in designated parking areas only. Please do NOT park anywhere on the course, paths, or walkways, etc.
- RESULTS:** Hard copy results will be available after the meet to coaches only and on the web at: www.norcalstat.com and www.directathletics.com
- ENTRY FEE:** \$40.00 per team (men and women separate) **OR** \$8.00 per individual
- ENTRY DEADLINE:** **Monday September 21, 2009 @ 7pm via www.directathletics.com**
***meet day team entries will be assessed a \$20.00 fee payable directly to the computer operator and a tongue lashing by Senor Bob** (corrections on entries already submitted will be permitted without a fee)*
- Make checks payable to: **“CCSF CROSS COUNTRY”**
Checks may be brought to the meet or sent to:
Sean Laughlin
City College of San Francisco
50 Phelan Ave. – Wellness Center
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