

# 7<sup>th</sup> Annual VIKING INVITATIONAL & Future NorCal Course Preview

**DATE:** Friday, October 10, 2008

**TIME:** 2:00 PM Women 5K, 2:45 PM Men 4.0 Miles

**LOCATION:** Newhall Park, Concord, CA

**COURSE:** Grass, gravel pathways, asphalt, winding, mostly flat, few mild hills. Course maps will be sent via fax and available at the meet. Please contact meet director if you plan to attend, map to follow via fax.

**ENTRIES:** All entries must be submitted via [www.directathletics.com](http://www.directathletics.com)

**ENTRY FEES:** \$40.00 per team or \$8.00 per individual (men and women separate) Make checks payable to: **DVC Cross Country Trust Account** Att: Daniel Cruz, Head XC Coach, Diablo Valley College, 321 Golf Club Road, Pleasant Hill, CA 94514 Note: Packets will not be released without check, cash or college PO.

**DEADLINE:** Wednesday, October 8, 2007 6:00PM

**RESULTS:** Hard copy results will be available after the meet to coaches. Results will be posted at: [www.norcalstat.com](http://www.norcalstat.com) and [www.directathletics.com](http://www.directathletics.com)

**QUESTIONS:** Daniel Cruz, (925) 685-1230 x2258 Office or (925) 437-6013 Cell, [dcruz412@sbcglobal.net](mailto:dcruz412@sbcglobal.net)

**DIRECTIONS:** From the North; Southbound Interstate 680-Cross Benicia Bridge, head due EAST on Hwy #4 and EXIT Willow Pass Rd (Right) to Farm Bureau Rd (Left) to Clayton Rd (Left) to Indian Lane (Right) follow to small parking lot in the park. LOT WILL NOT ACCOMMODATE BUSES! From the EAST take 580 WEST to Northbound Interstate 680 to Hwy #4 EAST. From the South take Northbound Interstate 680 to Hwy #4 EAST. [www.mapquest.com](http://www.mapquest.com)

**PARKING:** There is no charge for parking. However please use Newhall Park parking lots, refrain from parking in neighborhoods. You may park in either lot from Indian Lane side of park or Turtle Creek.

**TRAINER:** Training staff will be available at the meet. Teams are to provide their own athletic tape and supplies.

**RESTROOMS ON SITE, NO LOCKER ROOMS:** You may use DVC Locker Rooms if necessary.