



ESI ESI ESI ESI 34th Annual

Ed Sias

Cross Country Invitational

MEET SCHEDULE & INSTRUCTIONS

• RACE SCHEDULE •

8:30am	Coach & Community	UNLIMITED
9:00	Boys' Frosh	UNLIMITED
9:25	Boys' Frosh Soph	7 Runner Limit
9:50	Girls' Frosh Soph	7 Runner Limit
10:15	Boys' Varsity SM SCHL	7 Runner Limit
10:40	Girls' Varsity SM SCHL	7 Runner Limit
11:05	Boys' Varsity LG SCHL	7 Runner Limit
11:30	Girls' Varsity LG SCHL	7 Runner Limit
11:55	Boys' Junior Varsity	7 Runner Limit
12:20pm	Girls' Junior Varsity	7 Runner Limit
12:45	Boys' FS & JV "A-M"	UNLIMITED**
1:10	Girls' FS & JV	UNLIMITED**
1:35	Boys' FS & JV "N-Z"	UNLIMITED**
1:50	Awards Ceremony... Pick up team awards & prizes!!!	

**The FS & JV UNLIMITED division has been split into two races. Schools have been divided by name. School names that start with letters "A" through "M" race at 12:45pm. School names that start with letters "N" through "Z" race at 1:35pm.

• THE COURSE •

All races are 2 miles. The course starts and finishes on grass in Hidden Valley Park. In between the terrain rolls over dirt trails and portions of asphalt. Spectators can easily view the first and last half-mile of the race.

• COURSE TRAFFIC •

Many of the races in this meet feature fields of over 200 runners! In the excitement we ask that coaches make every effort to keep themselves, their athletes, and spectators out of the way of competitors. This means staying off the course while races are underway.

COUGAR CROSS COUNTRY • CAMPOLINDO HIGH SCHOOL
300 MORAGA ROAD • MORAGA CA 94556 • (925) 280 3950

• **ESI T-SHIRTS** •

NEW ESI commemorative dry-fit tech tees will be on sale. Complete with the ESI insignia, these are the best invitational shirts ever. But we only have a limited number, so grab 20 bucks & get down to the shirt tent pronto!

• **BIB NUMBERS** •

In this packet you will find identification bib numbers for your athletes. Please use the safety pins provided to affix the bib number securely to the jersey FRONT. Do not pin the bottom tear-off portion! The bottom tear-off portion with bar code ID must be surrendered to the scoring official at the end of the chute.

ATHLETES MUST WEAR THE CORRECT BIB NUMBER!!! Each athlete must be entered in the meet via the Athletic.net registration process. The assigned bib number is specific to the athlete.

Please bring problems with bib numbers to the attention of the meet director tent.

• **SCORING** •

Races will be scored using chip timing.

Live results will be available at:

<http://www.diablotiming.com>

• **AWARDS** •

RUNNING WAREHOUSE & NEW BALANCE GIFTS:

Top **10** individual finishers in each race receive prizes. Top **4** teams in Varsity races receive prizes!

ESI PLAQUES & MEDALS:

Winning teams receive Championship Plaque.

Top 4 teams receive medals (7 per team).

Top 4 individuals receive medals.

Awards ceremony will be held at conclusion of meet!

• **AMENITIES** •

RESTROOMS: Hidden Valley Park is equipped with restroom facilities & port-a-potties.

CONCESSION STAND: Refreshments, including sports drinks, juices & sodas, fresh fruit, bagels, muffins, sports bars, candy, hamburgers & hot dogs (vegie too) will be available throughout the duration of the meet!

TRAINING STAFF: An on-site trainer will be present and available to ALL athletes. We ask that athletes who need to be taped or otherwise assisted by the trainer, please provide their own supplies (tape, pre-rap, etc.).

In addition to a medical tent, first aid personnel will be stationed throughout the course. Bikers will also be trailing each race in order to provide assistance to athletes and notify the training personnel of emergencies and/or injuries.

• **CLEAN UP** •

The City of Martinez graciously allows us to use Hidden Valley Park for this event. It is a beautiful and extremely convenient location, providing one of the most popular cross country venues in the bay area. Please help continue our positive relationship with it, and the surrounding neighborhood, by using the trash bag provided to collect your waste.