



*ESI ESI ESI ESI* 36th Annual

# ***Ed Sias***

## **CROSS COUNTRY INVITATIONAL**

### **MEET SCHEDULE & INSTRUCTIONS**

#### **RACE SCHEDULE**

8:30am	Coach & Community	UNLIMITED
9:00	Boys' Frosh	7 Runner Limit
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	OVERFLOW
1:10	Girls' FS & JV	OVERFLOW

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

## 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.

## 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 30 bucks & get down to the shirt tent pronto!

## BIB/CHIP NUMBER

In this packet you will find identification bib numbers and corresponding numbered shoe chips for your athletes. Please use the safety pins provided to affix the bib number securely to the jersey FRONT. Each athlete must wear the corresponding numbered shoe chip on their shoes.

**ATHLETES MUST WEAR THE CORRECT BIB NUMBER & CHIP!** 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 and/or chips to the attention of the timer tent at the finish line.

## 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.

## 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:** 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 disposing of your waste in one of the many trash and recycling bins positioned in the park.