



Cougar Classic 6 Mi XC Relay

Meet Directors:

Steve Scott - Cal State San Marcos

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Jerid Meek - Escondido High School

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Meet Hosts:

Cal State University San Marcos and Escondido High School

Date: Saturday, August 30, 2014

Site: Cal State San Marcos, Mangrum Field

A great XC season opener! A unique event featuring 4 X 1.5 mi relay teams.

Registration

Register on www.athletic.net. Please do not e-mail registrations. Deadline for registration is Friday, August 22nd. An Excel entry form will be emailed to each Head Coach after registering your team on Athletic.net

Fee Schedule

Relays \$25

Open/Novice Race \$7/athlete

Whole team = \$250 (10 + relay teams total. If you are entering a whole team you will not need to pay for individual athletes in the Open/Novice Race).

Please complete the fee schedule (see below) and mail it to: Jerid Meek

1535 North Broadway, Escondido, Ca. 92026

Turn in entry fees at the packet pick-up table. *Make checks payable to Escondido High School.*

Schedule of Events

Girls Open/Novice 1.5 Mi	8:30 am
Boys Open/Novice 1.5 Mi	8:50 am
Girls JV 6 Mi Relay	9:05 am
Boys JV 6 Mi Relay	10:00 am
Girls Varsity 6 Mi Relay	10:50 am
Boys Varsity 6 Mi Relay	11:40 am

Packet Pick-Up

Coaches only may pick up the packets (no athletes please). Packet pick-up will be located next to the concession stand starting at 7:00 am.

Athlete Changes

Coaches may make any changes immediately upon packet pick-up. Only a coach may make changes.

Results

Results will be posted immediately after each race by the concession stand and will be available on SD TrackMag, athletic.net, MileSplit, and DyeStat.

Awards

- Gift Certificates or Asics Merchandise will be awarded to the top 3 teams in all varsity and JV relay races. **Note:** All divisions are combined in each race but awards will be given to both D I and D II teams.
- Award winners are to pick up awards at the awards table by the concession stand.
- ASICS apparel to the overall top 25 in each Open/Novice race.
- Festive games for chances to win ASICS prizes throughout the meet for all athletes.
- **A drawing for a school to win complimentary entry for next year's event.**

Timing

Each coach/team manager will be responsible for individual splits. A CSUSM athlete may be available for any coach who may need assistance in getting splits. Please inquire at packet pick-up.

Clerk of the Course

- All teams must check in to the Clerk of the Course 15 minutes prior to the start of their event. All 4 athletes need to be present at check-in. Only the anchor runner will wear a bib #.
- Individual athletes in the Open/Novice race need to show up to the starting line 10 minutes before the start and must be wearing a bib #. No check-in is necessary.

Relay Exchanges

Official **wristbands** will be used for **relay exchanges** and will be given to teams when they check in.

Warm-Ups

Athletes may warm-up on the course but are asked to always give the right of way to the competitors who are racing.

Canopies

Canopies are to be set up on the perimeter of the track.

Directions:

From Interstate 15:

- West on 78 to Twin Oaks Rd
- South on Twin Oaks Rd
- Just past Barnham turn left onto Campus Marketplace. Park in the designated dirt parking lot (**\$3 parking**. Please do not park in the shopping center as there will be ticketing).
- You will be directed toward the track.

From Hwy 5:

- Go east on 78
- South on Twin Oaks Rd
- Just past Barnham turn left onto Campus Marketplace. Park in the designated dirt parking lot (**\$3 parking**. Please do not park in the shopping center as there will be ticketing).
- You will be directed toward the track.

Parking - \$3 per vehicle in designated parking area.

Concessions

A concessions tent will be opened and available throughout the race day. Lots of great food and drink!

Trainer

An athletic trainer will be available for ice, taping and emergency care. Please **provide your own tape** if you wish to have your athlete taped.

Restrooms

Portable restrooms will be set up on the North end of the track.

**We look forward to kicking off the 2014 season with you
and your team!**

(See team entry fee schedule on next page)

School_____

Calculating Team Fee Totals

Each school may enter up to 3 Varsity Teams and 7 JV Teams per Gender. You may enter unlimited runners in the 1.5 Mile Open Race.

Description	# of Teams	Fee/relay	Sub-Total
Varsity Relay Teams - Boys		\$25.00	
Varsity Relay Teams - Girls		\$25.00	
JV Relay Teams - Boys		\$25.00	
JV Relay Teams - Boys		\$25.00	
Open Runners - Boys		\$7.00	
Open Runners - Girls		\$7.00	
		Total	

The maximum per school is \$250 (Boys Teams, Girls Teams & Open Runners combined).

Make checks payable to ***Escondido High School Cross Country***
Mail Entry Fee Schedule with check to:

Jerid Meek
1535 North Broadway
Escondido, Ca. 92026