

2016 – 43rd ANNUAL
SOUTH BAY CROSS COUNTRY INVITATIONAL

DATE: Friday, September 23, 2016

PLACE: Rohr Park, Sweetwater Road, Chula Vista 92012

COURSE: BOYS - 5,000 meters (3.1)
GIRLS - 4,025 meters (2.5)

TIME 3:30 pm - Junior Varsity Girls
4:10 pm - Frosh/Soph Boys
4:40pm - Varsity Girls
5:10pm - Varsity Boys
5:40pm - Junior Varsity Boys

DIVISIONS: The 2015 South Bay Invite will only have 1 division.

FEES: Varsity.....\$40.00 per team
Junior Varsity.....\$40.00 per team
Frosh-Soph.....\$40.00 per team
Individuals.....\$10.00 each (fewer than 5 runners from team)

Checks should be made payable to SWEETWATER CROSS COUNTRY and sent to:

Tim Latham
Sweetwater High School
2900 Highland Avenue
National City, CA 91950

AWARDS: Varsity Races: Team trophies to 1st-2nd-3rd place teams.(Boys And Girls)
Medals to top 7 runners on 1st-2nd-3rd place teams.
Medals to first 35 individual runners.

Jr. Varsity Races: Team trophy to 1st-2nd place teams. (Boys And Girls)
Medals to top 7 runners on 1st-2nd place teams.
Medals to first 35 individuals in boys race and 70 in girls race.

Frosh-Soph Boys Race: Team trophies to 1st-2nd-3rd place teams.
Medals to top 7 runners on the 1st-2nd-3rd place teams.
Medals to first 35 runners.

Note we use computerized results . You will need to enter a roster at <athletic.net> of all possible athletes at least one week before the meet.

2016 – 43rd ANNUAL
SOUTHBAY CROSS COUNTRY INVITATIONAL

SCHOOL: _____

COACH: _____

FEEES:

		TEAM (CHECK)	INDIVIDUALS (# ENTERED)
BOYS VARSITY	\$40.00	_____	<u>MAX OF 7</u>
GIRLS VARSITY	\$40.00	_____	<u>MAX OF 7</u>
BOYS JR. VARSITY	\$40.00	_____	_____
GIRLS JR. VARSITY	\$40.00	_____	_____
BOYS FROSH-SOPH	\$40.00	_____	_____

TOTAL ENTRY FEE: _____

MAKE CHECKS PAYABLE TO: *SWEETWATER CROSS COUNTRY*

SEND TO: TIM LATHAM
SWEETWATER HIGH SCHOOL
2900 HIGHLAND AVENUE
NATIONAL CITY, CA 92050

COACHES PHONE: _____

E -MAIL: _____

FAX: _____

Tim Latham:
619-417-8656 ©
619-474-9734 (W) phone FAX 619-474-7635
E-mail: robert.latham@sweetwaterschools.org