



# Cougar Classic 6 Mi XC Relay

## Meet Directors:

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## Meet Hosts:

Cal State University San Marcos and Escondido High School

**Date:** Saturday, Sept. 3, 2011

**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](http://www.athletic.net). Please do not e-mail registrations. Deadline for registration is Tuesday Aug 30th.

## 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: Lita Esposito  
2242 View St. Oceanside, CA 92054**

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

## Schedule of Events

Girls JV 6 Mi Relay	8:30 am
Boys JV 6 Mi Relay	9:15 am
Girls Varsity 6 Mi Relay	10:00 am
Boys Varsity 6 Mi Relay	10:45 am
Girls Open/Novice 1.5 Mi	11:30 am
Boys Open/Novice 1.5 Mi	11:45 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

- Merchandise awards 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 into the 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 into the 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.

**Past Results - see [athletic.net](http://athletic.net)**

**Photos - see SD TrackMag archives**

## **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.

## **Dress Facilities**

No dress facilities will be available so all athletes must come dressed ready to run.

## **T-Shirts**

Event T-shirts will be available for purchase for \$7.

## **Athlete Conduct**

If there should be any reported misconduct, a team or individual athlete may be disqualified.

**We look forward to kicking off the 2011 season with you  
and your team!**

(See team entry fee schedule below)



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	
		<b>Total</b>	

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

Mail Entry Fee Schedule to:

Lita Esposito

2242 View St.

Oceanside, CA 92054