

SUNNYVALE HIGH SCHOOL
18TH ANNUAL CROSS COUNTRY INVITATIONAL
SATURDAY, SEPTEMBER 27, 1975

Dear Coach:

This is an invitation for your school to participate in the 18th Annual Sunnyvale High School Cross Country Invitational Meet. The meet is sponsored by the Sunnyvale High School Cross Country Team and is held on the Sunnyvale High School campus.

Date: Saturday, September 27, 1975

Time: 10 A.M. - If you plan to walk the course, please be off by this time.

Distance: 2-1/4 miles

Course Description: Flat all grass course.

Scoring: Seven men constitutes a team. First five places on each team count for total score. Sixth and seventh places displace.

Finish Chute: As runners finish they will receive a number. The athletes will take the finish number to their coach so that their names and schools may be put on the form; coaches should then turn in the markers in their team envelope with unofficial total on the outside.

Equipment: All team members must wear identical uniforms. No spikes or bare feet allowed.

Rules: C.I.F. Rules will apply as stated in the Cross Country Handbook.

Dressing: Locker, shower and restroom facilities are available. No towels or lockers will be provided.

Awards: Trophy's will go first, second and third places in Freshmen, Sophomore, Junior Varsity and Girls' Team Races.

Medals: Medals will go to 10 individual finishers in Junior Varsity and Open Races. Trophy to outstanding coach based on school total from the Freshman, Sophomore and Varsity team totals.

Entry Fee: \$5.00 per team of seven runners, \$.75 per runner in the open division.

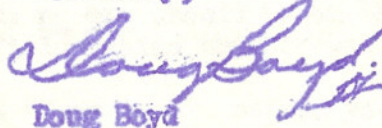
Deadline: Please send entries to the meet director no later than Wednesday, September 24, 1975.

Meet Director: Doug Boyd
Sunnyvale High School
P. O. Box F
Sunnyvale, California 94087

For any additional information please call me at 735-6349 (school) - 253-0545 (home).

See you on the 27th!

Sincerely,


Doug Boyd

ALL ENTRIES DUE BY WEDNESDAY, SEPTEMBER 24, 1975.

18TH ANNUAL SUNNYVALE HIGH SCHOOL CROSS COUNTRY INVITATIONAL
SEPTEMBER 27, 1975

"GENERAL INFORMATION"

1. Course Distance: 2-1/4 miles
2. Course Records:
 - a. Varsity Individual: Mike Hart, Willow Glenn 1970
Mike Kingery, San Carlos 1972
10:47.3
 - b. Varsity Team: Willow Glenn, 1970 - 55:59.3
 - c. Sophomore Individual: Don Fernandez, Homestead 1972 - 11:32.2
 - d. Sophomore Team: Homestead 1972 - 59:56.2
 - e. Freshman Individual: Jerry Emory, Terman (Palo Alto) 1971 12:09.9
 - f. Freshman Team: Homestead, 1972 - 63:56.4
 - g. JV Individual: Bob Ebert, Willow Glenn 1970 11:38.0
 - h. JV Team: Willow Glenn, 1970 - 60:12.0
 - i. Open: Individual/Team - None
3. Awards:
 - a. Medals - 1st 15 Finishers - Varsity, Sophomore, Freshmen and Girls' Races
 - b. Medals - 1st 10 Finishers - JV & Open Races
 - c. Trophies 1st, 2nd, 3rd in V, So., Fr., and Girls; 1st in JV Team Race
 - d. Outstanding Coaches' Award based on V, So., and Fr. Team Totals
4. Race Times:
 - a. All races will start promptly at the following times:

1. 10 A.M.	FRESHMEN	4. 11:00	GIRLS
2. 10:20	SOPHOMORES	5. 11:20	VARSITY
3. 10:40	JR. VARSITY	6. 11:40	OPEN (NO TEAM SCORE)
5. Teams must have a minimum of 5 and a maximum of 7 runners - NO EXCEPTIONS - No Limit in Open Race.
6. Equipment: All team members must wear identical uniforms. No spikes or bare feet allowed.
7. Please tell your runners to make sure that they run all the way through the chute and turn in their tickets to you or to your scorer immediately after finishing the race. Coaches please turn your individual team envelopes to the scorer's table as soon as possible.

YOU WILL RECEIVE COMPLETE MEET RESULTS BEFORE YOU LEAVE TODAY!
8. Everyone is free to walk or run the course before the first race begins; however, once the race has started, no one should be on the course. The warm-up area is the large grassy field behind the baseball backstop.
9. Please have your team clean up the "Team Area" before you leave and deposit litter in the waste receptacles provided.

GOOD LUCK!!

Doug Boyd