First Annual LEIGH-LYNDROOK INVETATIONAL

Place: Hellyer Park, San Jose (Coyote). Located near the intersection of INV. 101 & Senter Avenue - just off the Capital Expressway in SJ.

Course: 3.0 miles (mostly flat - one moderate hill at the 2 mile mark)

Individual Varsity-medals to top 15; JV-medals to top 5, ribbons to next 5; Awards Sophomore- medals to top 10; Freshmen- medals to top 10

Team Varsity- trophies to top 3 teams; JV- trophy to winning team;

Awards Sophomore- trophies to top 2 teams; Freshmen- trophies to top 2 teams

Divisions Varsity, JV, Sophomore, Freshmen, & Unlimited. You are Limited to 7 runners in each of the first four abovementioned divisions. You may run as many athletes as you wish in the unlimited division. You must have a scoring varsity team in order to enter a JV team. No team scoring or awards in the unlimited division.

Entry fee: \$6 per division (not counting the unlikited division): 50¢ per individual (including unlimited div. entrees):\$25 maximum per team. Mail checks to Coach Bill Hotchkiss, Leigh High School, 5210 Leigh Ave., San Jose, Calif. 95124

Briry Deadline: Wednesday, October 20

Schedule: 9:30 JV 9:55 Sophomore 10:20 Varsity

(\$25 maximum per school)

10:45 Freshmen 11.10 Unlimited

BODY

We will run one race per division unless the number of teams entered in a division exceeds 19 in number. If so, we will ren two equally seeded races within the affected division. The team results will then be determined by team time within the affected divisio: (s). Normal scoring will otherwise prevail.

Coaches: Pick up your packet at the check-in table upon your arrival. Your runners can, of course, walk & jog the course, but instruct your athletes that the course should be cleared by 9:15

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LHIGH-LYNDROOK INVITATIONAL (Octobe: 23, 1976)
School:School Address
Divisions entered: Varsity(\$6); JV(\$6); Soph(\$6); Frosh(\$6)
Individuals & unlimited division entrees x 50¢ =\$
Total entry fee \$ Make checks payable to LEIGH HIGH SCHOOL STUDENT