

NE

LEIGH -LYNBROOK INVITATIONAL

On Saturday, October 22, the second annual Leigh-Lynbrook Invitational will be conducted at Hellyer Park (Coyote). Your team is invited to participate in this quality meet, which is co-sponsored by Leigh High School (Bill Hotchkiss & John Fuller) and Lynbrook High School (Vern Thornberg & Jeff Fishback). Below you will find the necessary meet information:

Date: Saturday, October 22

Entry deadline: Tuesday, October 18 (send entry fee with entry form)
Mail entry to Leigh H.S., 5210 Leigh Ave, San Jose 95124

Course distance: 2.85 miles (grass, fast & flat trails with one semi-tough 200 yard hill)

Course record: 14.08 by Ron Fritzke of Leigh High School (1974 CCS meet)

Divisions: Six divisions (Varsity, JV, Sophomore, Freshmen, Open, Girls)

Awards: Varsity: three team trophies & 15 individual medals

JV: one team trophy & 10 individual medals

Sophomore: two team trophies & 10 individual medals

Freshmen: two team trophies & 10 individual medals

Girls: one team trophy & 10 individual medals

Open: No team or individual awards. This division should include all of your athletes who are not within your top 7 runners in any division. Each of the regular five divisions is limited to a maximum 7 runners per team. If you do not have a full team in one of the regular divisions, please enter your athletes in the Open Division. Exceptions will only be made for particularly outstanding athletes who have a reasonable chance to place among the top 10 finishers in one of the regular five divisions.

Time Schedule: JV:9:30

Freshmen: 9:55

Sophomore: 10:20

Varsity: 10:45

Girls: 11:10

Open: 11:25

Note We will hold to this time schedule unless the number of teams entered in one of the divisions makes it necessary to run more than one section in that particular division.

1976 Results: 32 teams participated in last years initial Leigh-Lynbrook Invitational. Varsity team winner -Leigh High School
Sophomore team winner -Overfelt High School
Freshmen team winner -Leigh High School
JV team winner -Leigh High School

Carlos Carrisco of Mt. Pleasant High School registered the fastest time of the meet, winning the varsity division with an outstanding time of 14.09.

GET YOUR ENTRY IN EARLY. THE DEADLINE IS OCTOBER 18

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ENTRY FORM - LEIGH-LYNBROOK INVITATIONAL

School: _____ Coach: _____

School Address _____

Team divisions entered: Varsity _____ JV _____ Soph _____ Frosh _____ Girls _____

Total individuals entered: Open _____ Other divisions _____

Entry fees (\$6 per division _____)

Coyote Park

Leigh-Igmbrook Invitational

October 22, 1977

The course is 2.85 miles and is well marked. The record is held by Fritzke of Leigh at 14:08 made in 1974. The course is the same as the CCS meets of 1976 with a few minor changes.

Individual awards: Varsity - medals to top 15
 JVs - medals to top 10
 Sophs - medals to top 10
 Frosh - medals to top 10
 Girls - medals to top 10

Team awards: Varsity - trophies to top 3 teams
 JVs - trophy to winning team
 Sophs - trophies to top 2 teams
 Frosh - trophies to top 2 teams
 Girls - trophy to winning team

You are limited to 7 runners in every division except the open. There is no scoring by team in the open division. There are no awards for that division.

We will try to follow the time schedule. We will not wait. Please be on the starting line 5 minutes early. Coaches are to note the CIF rule that the entire team in any given race have the same uniform.

Races:	Junior Varsity:	9:30
	Freshman:	9:55
	Sophomore:	10:20
	Varsity:	10:45
	Girls:	11:10
	Open:	11:25

Each runner will receive a tab as he clears the finish chute. He will turn in that tab to his team's scorer as quickly as possible. The team scorer will fill out said tab completely. The scorer will note the team score (first five runners) on the front of the correct envelope and hand in as quickly as possible to the scoring table, which is located between the grass area and lake. If coaches would like, you might put the time for your runners on tab. This would help the timers.

Please have your runners stay away from the scoring table and finish lines. Your runners also should stay away from the ducks and lake. The swings in the "kiddies playground" are for small kids, not cross country runners. If no one is around, go ahead and swing all you want, but the kiddies have the right to "bump" any cross country runner.

Results will be mailed on Monday and should arrive by at least Wednesday at your school. If not, please call one of us.

Best wishes today and the rest of the season,

Bill & Elaine