

after
2:15

Walnut Hs

909

Jim Polite 594-1333 x324

OCTOBER 1996

COMMUNITY COLLEGE

Friday, October 18

HIGH SCHOOL

Friday & Saturday October 25 -26

JUNIOR HIGH SCHOOL

Friday, October 18

ELEMENTARY SCHOOLS

Friday, October 18



"CELEBRATING OUR 48th ANNIVERSARY"

INFORMATION BOOKLET

48th ANNUAL MT. SAC CROSS COUNTRY INVITATIONAL

CONTENTS

Page No.

"The Real Story	1
Coaches Note & Organization	2
High School Division (Oct. 25-26)	3
Junior High School Division (Oct. 18)	9
Pull-Out Entry Form	12 - 13
Elementary School Division (Oct. 18)	14
Community College Division (Oct. 18)	17
Course Maps & Directional	21 - 23

FORTY EIGHT YEARS "THE REAL STORY"

MT. SAC CROSS COUNTRY INVITATIONAL

WHEN CROSS COUNTRY WAS IN ITS INFANCY IN CALIFORNIA, MT. SAN ANTONIO COLLEGE DECIDED TO HELP PROMOTE THE SPORT BY ESTABLISHING AN INVITATIONAL IN WHICH SCHOOLS FROM THROUGHOUT THE AREA (WHO MIGHT OTHERWISE NOT HAVE A CHANCE TO MEET) COULD COME TOGETHER IN FAIR AND EQUITABLE COMPETITION.

AT THAT TIME, THERE WAS NO OTHER OPPORTUNITY, NO ACTUAL REGIONAL TESTS (AS WE KNOW THEM TODAY), AND NO STATE OR INTERSTATE OPTIONS.

THE MT. SAC INVITATIONAL WAS TO HAVE ONLY TWO DIVISIONS IN ITS 1948 DEBUT — ONE FOR HIGH SCHOOLS AND ONE FOR JUNIOR COLLEGES. AT THAT TIME, THERE WEREN'T THAT MANY HIGH SCHOOLS AND COMMUNITY COLLEGES IN CALIFORNIA AND CROSS COUNTRY RUNNING ONLY INVOLVED A RATHER SPECIAL (SOMETIMES CONSIDERED "STRANGE") GROUP OF GUYS WHO WANTED TO RUN OVER DISTANCE IN THE FALL. THERE JUST WEREN'T THE RUNNERS OR JOGGERS ON THE ROADS IN 1948 — IT WAS STILL BASICALLY A EUROPEAN PHENOMENON, NOT "SOMETHING AMERICANS CONSIDERED THE THING TO DO."

HIGH SCHOOL CROSS COUNTRY CONSISTED OF 1.2 TO 2 MILE RACES WHILE THEIR COLLEGIATE COUNTERPARTS WERE RUNNING 2.5 TO 3.1 MILES (FOUR-YEAR COLLEGES UP TO FOUR [4] MILES). BELIEVE IT OR NOT, MOST RAN BAREFOOTED WITH PROTECTION COMING FROM THE DEPTH OF THE CALLOUSES THEY HAD DEVELOPED ON THE BOTTOM OF THEIR FEET. THE CALLOUSES BECAME SO THICK, THEY WOULD OFTEN TEAR OFF (LIKE TREAD ON RETREADED TIRE), LEAVING A RAW, BLOODY MESS OF TISSUE EXPOSED BENEATH. THE SMARTER RUNNERS OFTEN USED A THIN GYMNASTIC-TYPE SHOE FOR PROTECTION.

WELL, NEEDLESS TO SAY, MUCH HAS CHANGED IN CROSS COUNTRY SINCE MT. SAC'S FIRST CROSS COUNTRY INVITATIONAL BACK IN 1948. FROM 148 RUNNERS REPRESENTING TEN (10) HIGH SCHOOLS AND NINE (9) COMMUNITY COLLEGES IN 1948 TO MORE THAN 7,500 ATHLETES REPRESENTING OVER 360 SCHOOLS GROUPED IN DIVISIONS FOR ALL ABILITY LEVELS LAST YEAR. QUITE A CHANGE. THERE IS EVEN A TWO-MILE JUNIOR HIGH SCHOOL AND GRADE SCHOOL DIVISION (3/4 TO 1.2 MILES) TO HELP INTRODUCE YOUTHS TO THE FUN AND ENJOYMENT OF RUNNING. BOYS AND GIRLS, MEN AND WOMEN ARE ALL INVOLVED TODAY IN COMPETITION — ALL RUNNING IN SHOES SINCE FIRST REQUIRED IN 1965.

TODAY, MT. SAC IS OUR NATION'S LARGEST AND MOST PRESTIGIOUS OF ALL CROSS COUNTRY MEETS. IT STILL FUNCTIONS TO BRING ATHLETES (WHO OTHERWISE WOULD NOT MEET) TOGETHER ON A CHALLENGING COURSE THAT HAS CHANGED LITTLE OVER THE YEARS — THUS MAKING FOR RECORDS AND PERFORMANCE COMPARISONS THAT ARE TRULY MEANINGFUL.

THE MEET'S PHILOSOPHY HAS REMAINED AS CONSTANT AS THE COURSE — HOPEFULLY STILL PROMOTING CROSS COUNTRY AS A GREAT INDIVIDUAL AND TEAM SPORT, WHILE BUILDING CONFIDENCE AND SELF-RESPECT AMONG THE HUNDREDS OF PARTICIPATING ATHLETES.

• HIGH SCHOOL COACHES NOTE •

Thanks to the Southern California Cross Country Association our annual event has again been evaluated.

Based on these recommendations you will find the following procedures will again be implemented this year.

- A. C.I.F. Divisions I, II, III, & IV will be utilized for our divisional structure. Friday will be set aside for divisions III & IV (smaller schools). Saturdays for division I & II schools (larger schools). Each year the starting time for Fridays Divisions and Saturdays Divisions will be alternated, while divisions will remain on the specified days.
- B. There will be a combined division III & IV Boys & Girls Varsity Team Sweepstakes Race on Friday, with a similar race for divisions I & II on Saturday. Schools scheduled for Friday (Div. III & IV) having strong teams may request to enter Saturday Sweepstakes Race (Move up in size). Moving down (Saturday to Friday) will not be permitted. Coaches having strong teams are urged to request placement in sweepstakes competition. The seeding committee will place those known, but coaches requests are very important in making races as competitive as possible.
- C. Races will average 100 - 150 runners each.
- D. All individual awards will be given out as athletes leave the chute. Team awards will be presented at the Awards Table upon calculating the results of each race.
- E. The time schedule mailed as your confirmation (and as printed in your souvenir program) will be close but tentative. Each race will actually be started when the runners of the previous race reaches the 12 mile summit (Top of Switchbacks) and begins the downhill decent, thus allowing for a start (and recall) without the fear of race crossover on the airstrip.
- F. Upon checking in on race day, coaches will receive: final instructions, latest update of races, and a souvenir program.

ORGANIZING COMMITTEE

Directors..... Jim Polite & Don Ruh

Divisional Directors

Elementary Schools and Junior High Schools Don Ruh
High Schools Jim Polite
Community Colleges Doug Todd
Administrative Advisor Dr. Ernie Gregoire

General Committee

Ken Gunn John Norton
Doug Speck Ann Speck
Matt Ebiner Doug Todd
Ray Scofield

Seeding Committee

Tim O'Rourke Arroyo High School
Jack Malloy Diamond Bar High School
Anthony Gomez, Jesse Gomez & Jim Polite Walnut High School
Steve Hernandez Nogales High School
Richard Gonzales Bosco Tech. & CV Trib.
Doug Speck Arcadia High School

HIGH SCHOOL DIVISION

Sponsored by

WALNUT HIGH SCHOOL
400 North Pierre Road
Walnut, California 91789

OCTOBER 25-26, 1996

HIGH SCHOOL ENROLLMENT DIVISIONAL STRUCTURE

Based on our 1995 statistics and survey, approximately 370 schools will enter boys' teams and 350 schools will enter girls' teams in our 1996 event.

All competing schools will be grouped into four (4) divisional structures. The same as they will be grouped for C.I.F. competition.

NOTE 1: Within each division, we will try to sub-divide into "like enrollment" categories with leagues, seasonal records, and geography also considered as criteria for establishing races.

NOTE 2: Time schedules are tentative and subject to slight changes. We will try to structure the "race day" so teams need not be at Mt. SAC for over a total of three (3) to four (4) hours.

RACE STRUCTURE

In an effort to shorten the "day" and let all teams compete in the morning hours (Divisions I-II) and late afternoon (Division III & IV), individual races within each division will be structured to include as nearly 100 runners as possible. When the race is made up of full teams (seven runners), each race will consist of from 16 to 22 schools. When races include incomplete teams (1 - 4 runners) up to 28 schools may appear in order to maintain an individual race count of 100 - 150 runners.

DATES:

Friday, October 25, 1996

Boys and Girls representing IV & III High Schools.

Saturday, October 26, 1996

Boys and Girls representing II & I High Schools.

TIMES:

(Approximate Time Schedule)

Friday, October 25, 1996

2:15 - 3:30 p.m.: High School Boys and Girls (Division IV).

3:30 - 5:15 p.m.: High School Boys and Girls (Division III).

5:15 - 5:45 p.m.: Sweepstakes Races (Division III & IV).

Saturday, October 26, 1996

7:30 - 9:30 a.m.: High School Boys and Girls. (Division I)

9:30 a.m. Sweepstakes Races (Divisions I and II).

10:00 a.m.-1:00 p.m.: High School Boys and Girls (Division II).

1:00 p.m. - LATE ENTRY RACE (All Divisions)

SPONSORING HIGH SCHOOL:

Walnut High School

LOCATION:

Mt. San Antonio College, Walnut, California

COURSE:

High School Boys and Girls: three (3) miles over rolling hills. 90% of the course is on dirt roads. Course: 50% flat. 50% hills. Same course as run in CIF So. Section.

ENTRY DEADLINE:

Monday, October 7, 1996 (to be received at Walnut High School); final seeding, Sunday October 13, 1996.

SCORING:

At least five (5) individuals must finish before any team scoring can take place in each division. (Schools may enter fewer than five [5] persons in any division, for individual honors only).

SUB-DIVISIONS:

In brief, these are the rules.
(PLEASE READ CAREFULLY!)

FROSH:

Must run "Freshman Division" unless part of your school's top seven. In such case, individuals may run Varsity. (Jr. H.S. 9th graders **MUST** run in this Division).

SOPH:

Must run "Sophomore Division" unless part of your school's top seven. In such case, individual may run Varsity.

VARSITY:

Your school's top seven! Juniors and Seniors ranked 1-7 must run Varsity. Frosh and Soph ranked 1-7 may move up to the Varsity Division.

J.V.:

Any Junior or Senior athlete on your team who does not qualify for Varsity (8th and over). Frosh or Sophs **CANNOT RUN IN J.V. DIVISION.**

We feel that with emphasis on 1) Varsity, 2) Sophomore, and 3) Freshman competition, all individuals and teams involved are balanced and in fair competition.

The J.V. Division is not a mass of age groups or a means of juggling a team for unfair advantage. It is nothing more than an opportunity for your second group of Junior and Senior athletes to achieve some success against their peers.

This is what the Varsity, Soph, and Frosh athletes are now grouped to do. The rules are simple and the objectives should be clear to all. Our philosophy is basically to get as many athletes in as fair a competition as possible.

AWARDS:

In all Varsity, Sophomore, and Freshmen Races:

Team Awards to: All teams Finishing 1 - 3

Team Medals to: All seven (7) individuals finishing on Teams 1 - 3

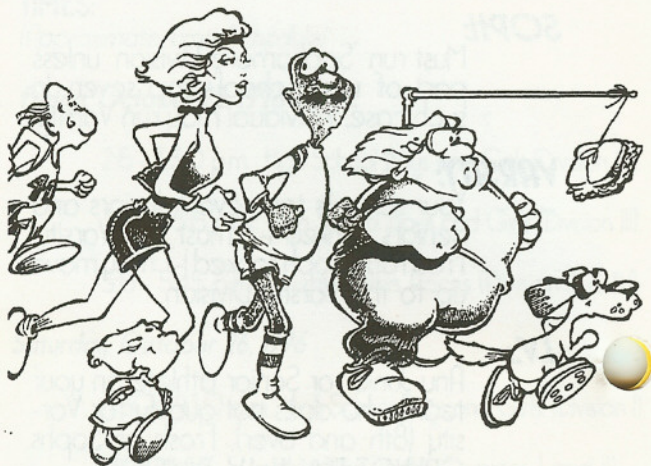
Awards to Individual: First 15 Finishers in each race (will be handed out at the finish line).

In All Jr. Varsity Races:

Individual awards to first ten (10) finishers in each race. No team scoring or awards will be presented in Junior Varsity Races.

In Sweepstakes Competition:

Same as Varsity above. Additional plaque given overall Varsity Divisional Championship coach.

**FEES:**

A straight \$20 for each division entered, with a seven-person limit in the Varsity Division only. There is unlimited entry in all other divisions for the same straight entry fee. Entries received after Monday, October 7, 1996 will be charged an extra \$20 late-entry penalty. (If mailing entry form after October 7, 1996, include this \$20 "late fee" with your entry.) No entry fee refunds will be made after that day. The Meet will be conducted rain or shine. No rain course will be used, leaving the option of running in the hands of the coach. In case of **EXTREME HEAT**, a modified "SHORT COURSE" may be used.

NOTE: Individual entries are \$10.00 each up through two in each division in which athletes are being entered. After that number, the unit divisional fee should be utilized.

LATE ENTRIES:

Entries will be accepted after October 7th; however, it should be understood that late entries may be placed into special "Late Entry" races. Extremely late entries will probably run on Saturday October 26th (at approx. 4:15 p.m.) regardless of size, division, etc.

RULES GOVERNING MEET (All Divisions)

1. This C.I.F.-sanctioned meet adheres to all C.I.F. rules and regulations pertaining to cross country and eligibility.
2. Athletes will not be permitted to take a spot on the starting line unless the athlete is:
 - a. In Full Uniform (all athletes on a team must wear identical uniforms).
 - b. Wearing some type of shoe other than spiked shoes (*NO barefeet or spikes will be permitted!*)
3. All athletes must have previously had two (2) weeks of practice, passed a school physical examination, and at the time of the meet and be in good physical health on the day of the meet.
4. Any violation of these rules pertaining to division placement of athletes will result in forfeiture of all individual, team, and divisional awards by the school involved.

DISQUALIFICATION FROM SCORING:

On competition day, any team-scoring envelope turned in later than 20 minutes after the **official start** of the race will be "void": i.e. not included in official race scoring.

PARKING:

Bus and auto parking is in the main lot just north of the Stadium. Under no circumstances should anyone drive onto the air strip used for the start of competition or in premeet practice workouts. This air strip is off limits for all but authorized vehicles.

DRESSING QUARTERS:

Upon previously-submitted special request, limited shower facilities can be made available at the field house. Please furnish your own towels. No lockers will be available. We urge all to arrive and depart (dressed) in their running gear and sweats.

FINAL INFORMATION:

All coaches will receive final information regarding their race and time by mail – no later than Tuesday, October 22, 1996. Please **DO NOT** call regarding race numbers or time unless this information has not been received by October 22. If you have an emergency, please contact the High School Meet Coordinator Jim Polite, at Walnut High School (909) 594-1333, or leave a message at (909) 594-5611, Ext. 4840 or 4882. A rain course will not be used. The main course may be altered (shortened) in the event of extreme heat or rain without previous notice. If you mailed a late entry, you may not hear from us. Just bring your team in time for the first race of your divisional category and confirm times with Mr. Polite once at Mt. SAC.

SPECIAL COURSE PRACTICE:

Because of the number of teams officially scheduled on the course for competition, other individuals or teams wishing to use the facility for practice are requested to do so as follows:

1. Between 6:00 a.m. and 2:00 p.m. Saturday or Sunday.
2. Between 6:00 and 9:00 a.m. weekdays.
3. After 6:00 p.m. weekdays (Monday, Tuesday, Wednesday ONLY).

NO COURSE PRACTICE WEEKDAYS BETWEEN 9:00 a.m. and 6:00 p.m. PLEASE!

ENTRY FORM COMPLETION:

Please remove the colored centerfold, complete the information in full, and return it.

THIS IS YOUR ENTRY FORM

Mail completed form to:

**Jim Polite • Walnut High School
400 North Pierre Road • Walnut, CA 91789**

Make entry fee checks payable to:

WALNUT H.S. - MT. SAC CC INV.

If check will delay the mailing of your entry, please send entry by deadline date and check (separately) later.

**ENTRY DEADLINE: OCTOBER 7, 1996
(\$20.00 LATE FEE DUE AFTER OCT. 7, 1996)**



MIDDLE SCHOOL JUNIOR HIGH SCHOOL DIVISION

c/o

**MT. SAC CROSS COUNTRY
INVITATIONAL
WALNUT, CALIFORNIA
91789**

OCTOBER 18, 1996

TIME: 2:45 P.M.

MIDDLE-JUNIOR HIGH SCHOOL DIVISION

Friday, October 18, is Junior High, Middle, and Intermediate School day at the Mt. SAC Cross Country Invitational.

Coaches should be aware of the following before submitting their 1996 entries:

Eligible Students:

Any boy or girl in good academic standing and physical condition submitted by the coach (or some other administrative official) of a junior, middle, or intermediate school. Students must be in the 6th, 7th, 8th, or 9th grade of the school they are representing.

Divisional Structures:

School's entry form must contain all requested information, including the school's official enrollment figures. Once the entry forms are received, the races will be structured as follows:

One-half of the total schools will be placed in the large school division; the other half in the small school division. Once the schools have been assigned a category, the following division races will be established for both boys and girls. We encourage schools to enter the Varsity Division with their Best Runners from through out their entire school, then enter other 6-7-8 Grade Runners in the Specific Grade divisions.

Varsity Division:

Top seven (7) runners taken from the schools' 6th, 7th, and 8th grades. (Combined) (Separate races for Girls & Boys.)

8th Grade Division:

Any and/or all remaining 8th grade runners not running on the Varsity Team (Race for boys: Race for girls).

7th and 6th Grade Division:

Any and/or all remaining 6th and 7th grade runners not running on the varsity team. (Race for Boys: Race for Girls).

9th Grade Division:

One special 9th grade race for boys and one for Girls will be held on Oct. 13th at approx. 4:40 P.M.

* It should be noted that only the Varsity races (combined 6th, 7th, and 8th graders) will be scored for "Sweepstakes Awards." If a coach chooses not to run a varsity (combined) team (then they must run all 8th graders as a team; all 6th and 7th graders as a team). They will score only in those two divisions and not for sweepstakes honors. All division teams may have unlimited entries. Except the Varsity races. (Top 7 from your entire school here).

Awards:

Each Varsity race is a final with the first fifteen (15) finishers and first three (3) schools receiving awards in both varsity races. All seven (7) members of the first three place teams will also receive special awards.

In each grade level race (i.e., 8th grade, 6-7th grades) the first fifteen (15) finishers will receive awards along with the first & second place schools receiving plaques. The first seven (7) runners on all 1st place teams will receive medals.

Entry Fees:

\$20.00 for each divisional race entered. Example: Entering boys and girls 6th, 7th grade race, both 8th grade races, and a varsity boys and girls race would be \$120. You may enter all and add two Frosh 9th grade races for a maximum fee of \$120. NOTE: Maximum entry fee is \$120 per school. No Refunds of Fees will be made after October 1, 1996.

CHECKS SHOULD BE MADE PAYABLE TO
MT. SAC CROSS COUNTRY INVITATIONAL
c/o Mt. SAC, Walnut, CA 91789.

Course Length:

2.0 mile course in the rolling hills of Mt. SAC campus just south of the stadium. NOTE: In the case of rain or extreme heat, an alternate "Short Course" may be run without prior Notice.

Other Important Information:

Please read the top page 7 of this booklet as well as other general sections.

Entry Deadline:

OCTOBER 1, 1996

Late Entries: (with \$20 penalty)

OCTOBER 2 - 18, 1996

**.. COACHES ..
.. ATHLETES ..
.. ALL DIVISIONS ..**

A Reminder...

"T" SHIRTS WILL AGAIN BE LIMITED IN QUANTITY THIS YEAR. WE'D PREFER SELLING THEM ON THE DAY OF THE MEET RATHER THAN BY SPECIAL ORDER (WITH SHIPPING AND HANDLING COST ADDED).

PLEASE REMIND YOUR STUDENTS, IF THEY WISH TO PURCHASE ANY, THE COST WILL BE:

T SHIRT (TRADITIONAL, SHORT SLEEVES)	\$10.00
T SHIRT (TRADITIONAL, LONG SLEEVES)	\$15.00
ANNUAL SOUVNIR COLLECTOR'S PIN	\$ 2.00
32-PAGE STATISTICAL PROGRAM	\$ 2.00

" SPECIAL "

48TH ANNUAL INVITATIONAL PACKAGE
\$12.00

Includes "Traditional" "T" Shirt
(Short Sleeves), Pin, and Souvenir Statistical Program

Tax Included on all of the above; Make Checks Payable to:
MT. SAC CROSS COUNTRY INVITATIONAL

ADMISSION POLICY October 25th - 26th

Cross-Country Invitational Admission for all (except competitors and coaches) will be \$3.00. This fee includes admission & 32 Page Program.

PLEASE HAVE YOUR ATHLETES INFORM THEIR PARENTS.

(Continued on Page 15)

ELEMENTARY SCHOOL DIVISION

GRADES 3-4: BOYS AND GIRLS

GRADES 5-6: BOYS AND GIRLS

DATE: FRIDAY, OCTOBER 18, 1996

TIME: 5:00 P.M.

Course Information:

1.2 mile course over rolling hills. The rain or heat course will be .8 mile.

Race Structure:

Boys in the 5-6 grades at an elementary school will combine to make up a boys' team of unlimited numbers. Girls in the 5-6 grades will combine to make up a girls' team of unlimited entries. Third and fourth grade boys and girls will together as a scoring team for a school.

Scoring:

The first five (5) finishers from each team will score, but there will be no limit on entries in a divisional race.

Awards:

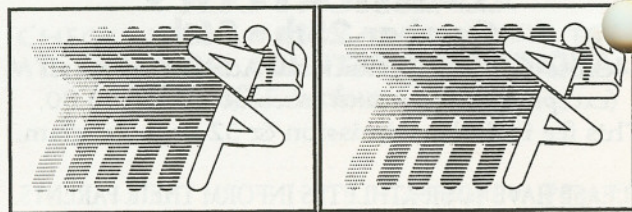
Medals will be presented to the top ten (10) individual finishers in each race as well as to the top seven (7) finishers on the team finishing in first place in each 5-6th grade boys' race, 5-6th grade girls' race, and combined 3-4th grade boys and girls' race. Schools finishing 1st, 2nd, 3rd in each race will each receive a plaque.

Entry Fee:

A \$50 entry fee is required for each school entered. This includes all races above. If you enter all divisions (including grades 3-4) you pay only the \$50 fee. (Normally an \$60 Charge. Single Division Entries. \$20 per Team.

**** Entry as Many Kids as you Can! ****

**** Remember No Limits! ****



COLLEGE DIVISION

**FRIDAY
OCTOBER 18, 1996**

Entry Form:

Make certain you complete the enclosed form (page 12-13), remove it from this booklet and mail it on or before October 1, 1996. Entries will be accepted after that date but will be assessed \$20 for any mailed after Tuesday, October 1, 1996.

Mail to:

Mt. SAC Cross Country Invitational, Mt. San Antonio College, 1100 North Grand Avenue, Walnut, CA 91789.

Questions?

Call Don Ruh, or Doug Todd c/o Mt. SAC at: (909) 594-5611 Ext. 4840 or 4882.

Course Information:

The men's course will be the traditional four (4) miles, rolling hills and dirt roads, and about 600 meters of asphalt. The women's course will be three (3) miles over the same terrain. (The same as the men's & women's high school course.)

Awards:

Special medals will be presented to the first fifteen (15) place winners in each of the Varsity Division races and a team plaque to the winning team and second place teams. All seven (7) members of each winning divisional and second and third place teams will receive Medal Awards. Awards to the first ten (10) place winners in the Novice (Junior Varsity) Division and team plaques to the first two (2) teams in the Novice Division. An overall C.C. Team Trophy will be based on combined times of each team's top five (5) individuals from the Varsity Division Men's and Women's races. An overall Coaches' Award will also be presented to the coach winning the combined Team Trophy.

Entry Fees:

Twenty (\$20) for each team entered in the meet. (The entry fee should accompany the entry form.) Only one team per Community College may enter any one division of competition. Where less than five athletes are to be entered, pay \$10.00 per entry up to \$20.

Team Limits:

The first seven (7) (by previous performances) from each College team entered must comprise the Varsity Division team. All men after the first seven will be entered in the Novice (Junior Varsity) Division. There is no limit to entries in the women's varsity division as no women's novice race will be run.

Scoring:

At least five (5) athletes in both the Varsity and Novice Divisions must finish before any team scoring can take place in either division.

STARTING TIMES

- (7:15) Community College Coaches' Fun Run (3 & 4 miles).
(Under 40 Divisions - Over 40 Divisions for Men & Women)
(Check in at 7:00a.m.)
- (7:30 - 8:30) Coaches Light Breakfast:
- (8:15) Community College Men's Novice Division:
- (8:30 - 8:40) Community College Men's Varsity:
- (9:10) Community College Men's Invitational:
- (9:30) Community College Women's Invitational:
- (10:00) Community College Women's Varsity:
- (10:50) Community College 3200M "No Zones" Relay
(4 Person Any Distance *Cross Country Athletes Eligible*)
(No Entry Fee - Team Medals)
- (11:00) Paarlaf Relays. Men and Women:

Dressing Quarters:

Shower and dressing facilities will be available for men and women in the Field House (Bldg. 50G) south of the stadium. Please furnish your own towels and means of taking care of your gear and valuables. (Lockers will not be available.) Men, like women, are urged to come dressed.

Final Information:

Coaches will receive any final or pertinent information by mail on or before October 15, 1996. If no further information has been received by that date, instructions and the time schedule will be as above. If necessary, an alternate rain or hot weather course will be used without notification of teams prior to their arrival on October 18, 1996.

Entries Close:

Tuesday, October 1, 1996. Entries must be received or before this date or a \$20 late fee must be included with your entry fee.

IMPORTANT FINAL NOTE:

This is the only entry information and entry form that will be mailed to your school. You must share this information with the coach of your women's (or men's) team and jointly complete the single entry form enclosed! DO NOT MAIL before assuring both men's and women's entries have been included!

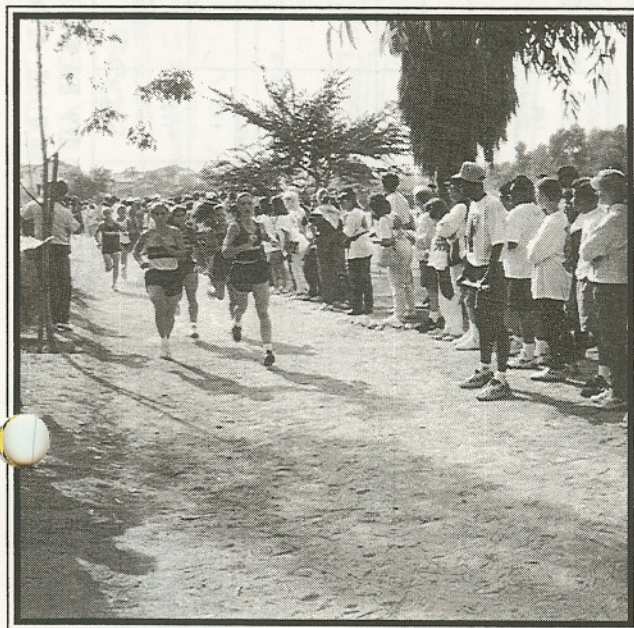
*NOTE:

The Paarlaf Relay will be run on the track. It is included for those individuals on your team (440 - 880 hurdlers, etc.) for whom you wish some Fall work. No one running in any of the regular cross country races can enter this special Paarlaf Relay. Each team will consist of five (5) persons running 220 yards each in a continuous relay for five miles around the track. Therefore, each person is given a 4-person x 220 recovery period between the 220 yard runs and each will run a total of one mile of 220's (8). A team trophy will be presented as well as individual medals to the first place team members. There will be a special Women's Paarlaf Division with awards to the first place team.

*NOTE:

"NO-ZONE 3200 M Relay" (4 Ind.) No Fee. Track and/or C.C. Runners may enter this 1050 Relay. Each of the (4) athletes may run only once but of the distance of his/her choice. Total distance of race-3200m.

NO cross-country runners may enter the Paarlaf competition!
Paarlaf Team Entries are \$10 per team.



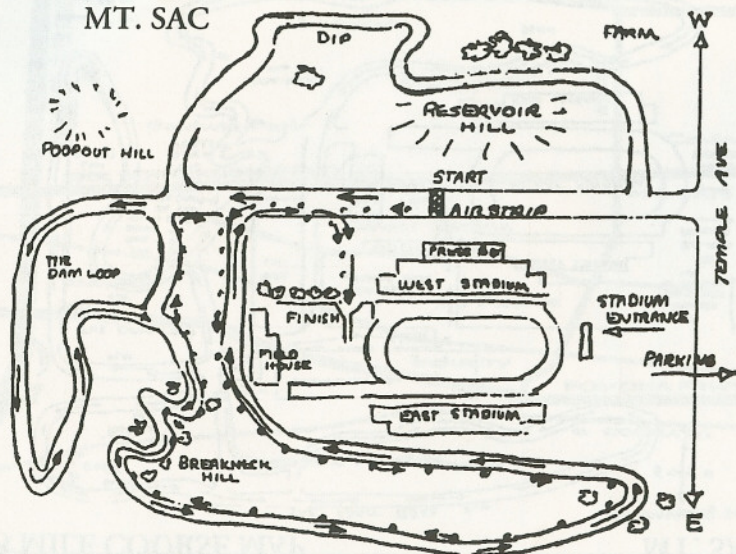
48TH CROSS COUNTRY AWARDS SUMMARY

DIVISIONS	IND. MEDALS	1ST PLACE TEAM	2ND PLACE TEAM	3RD PLACE TEAM	SCHOOL AWARDS	SWEEP IND. MEDALS	SWEEP TEAM MEDALS	SWEEP SCH. AWARDS
C.C. MENS VARSITY	1-15	7	7	7	1-2			*
C.C. WOMENS VARSITY	1-15	7	7	7	1-2			*
C.C. MENS NOVICE	1-10				1-2			
H.S. BOYS VARSITY	1-15	7	7	7	1-3	1-15		*
H.S. GIRLS VARSITY	1-15	7	7	7	1-3	1-15		*
H.S. BOYS SOPH.	1-15	7	7	7	1-3			*
H.S. GIRLS SOPH.	1-15	7	7	7	1-3			*
H.S. BOYS FROSH.	1-10	7	7	7	1-3			*
H.S. GIRLS FROSH.	1-15	1-7	1-7	1-7	1-3			*
H.S. BOYS JR. VARSITY	1-10							

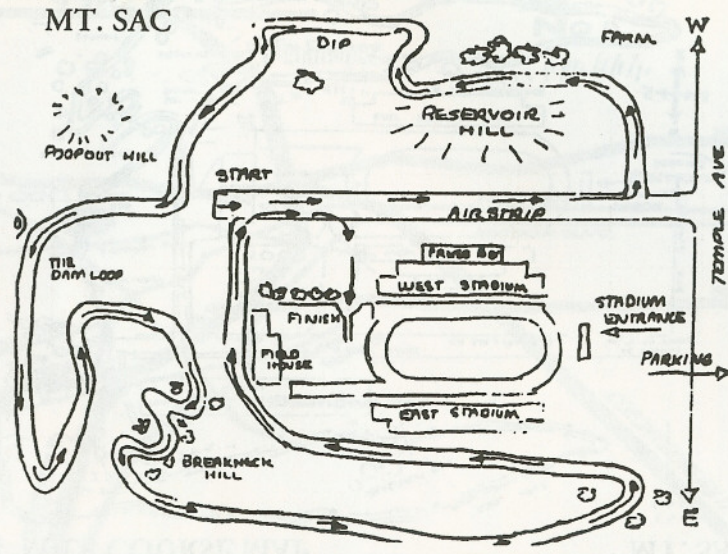
DIVISIONS	IND. MEDALS	1ST PLACE TEAM	2ND PLACE TEAM	3RD PLACE TEAM	SCHOOL AWARDS	SWEEP IND. MEDALS	SWEEP TEAM MEDALS	SWEEP SCH. AWARDS
H.S. GIRLS JR. VARSITY	1-10							
J.H.S. BOYS 8TH	1-15	7			1-2			
J.H.S. GIRLS 8TH	1-15	7			1-2			
J.H.S. BOYS 6TH-7TH	1-15	7			1-2			
J.H.S. GIRLS 6TH-7TH	1-15	7			1-2			
J.H.S. BOYS VAR. 6-8TH	1-15	7	7	7	1-3			
J.H.S. GIRLS VAR. 6-8TH	1-15	7	7	7	1-3			
BOYS 5TH-6TH	1-15	7			1-3			
GIRLS 5TH-6TH	1-15	7			1-3			
BOYS & GIRLS 3RD-4TH	1-15	7			1-3			

**DECIDED BY BEST TEAM TIME FROM ALL DIVISIONAL RACES RUN
.. ALL INDIVIDUAL AWARDS WILL BE HANDLED OUT AT THE FINISH LINE ..**

**1.2 MILE COURSE MAP
MT. SAC**

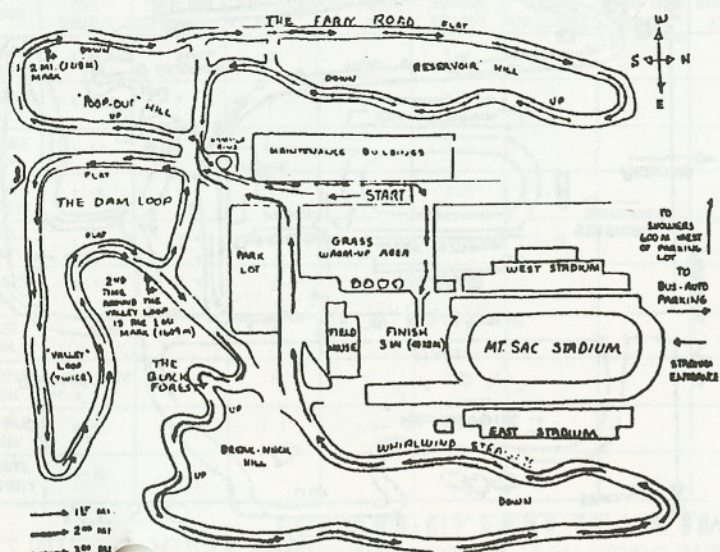


**2-MILE COURSE MAP
MT. SAC**



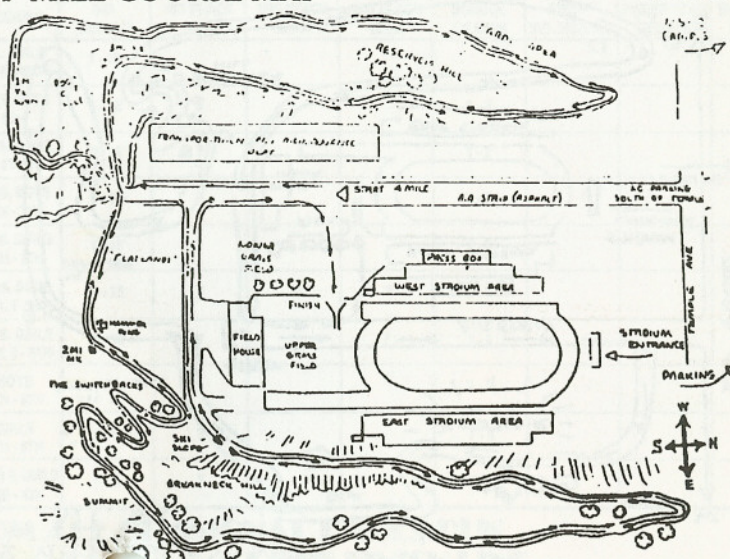
3 MILE COURSE MAP

MT. SAC

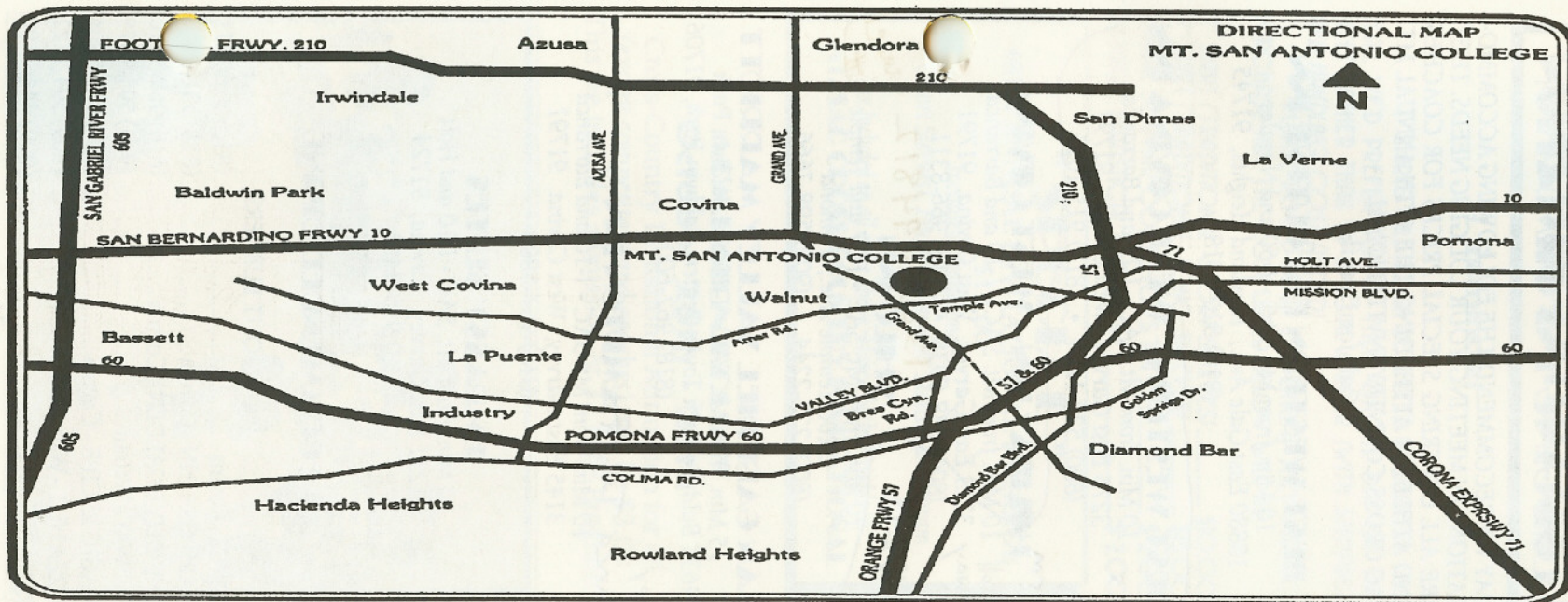


4 MILE COURSE MAP

MT. SAC



DIRECTIONAL MAP MT. SAN ANTONIO COLLEGE



LODGING INFORMATION

MAY WE RECOMMEND THE FOLLOWING ACCOMMODATIONS IN MEETING YOUR LODGING NEEDS. THEY ARE ALL OFFERING SPECIAL PRICES FOR COACHES AND ATHLETES ATTENDING THE 47TH ANNUAL MT. SAC CROSS COUNTRY INVITATIONAL.

(Call for Details)

BEST WESTERN EXECUTIVE INN

10 Min. from Mt. SAC - I-60 and Nogales
18880 East Gale Ave., Rowland Heights, 91745
(818) 810-1818

BEST WESTERN - WEST COVINA INN

10 Min. from Mt. SAC - I-10 and Barranca
3275 East Garvey, West Covina, 91791
(800) 528-1234 • (818) 915-1611

HOLIDAY INN - WEST COVINA

10 Min. from Mt. SAC - I-10 and Barranca
3223 East Garvey, West Covina, 91791
(800) 638-9938 • (818) 966-8311

SHILO INN

10 Min. from Mt. SAC - I-57 and Temple
3200 Temple Ave., Pomona
(800) 222-2244 • (909) 598-7666

SAN GABRIEL VALLEY MARRIOTT

15 Min. from Mt. SAC - I-10 and Baldwin Park
14635 Baldwin Park Town Center, Baldwin Park, 91706
(818) 962-6000

HAMPTON INN

10 Min. from Mt. SAC - I-10 and Barranca
3145 East Garvey, West Covina, 91791
(818) 967-5800

EMBASSY SUITES

10 Min. from Mt. SAC - I-10 and Holt
1211 East Garvey, Covina, 91724
(818) 915-3441

RECOMMENDED DINING

IN - N - OUT BURGERS

LOVES - Covina (818) 331-7371
MARIPOSA INN - Covina (818) 331-
THE OLIVE GARDEN - Covina (818) 965-4710
SUBWAY - Walnut (909) 595-9375
MAGIC RECIPE - Covina (818) 967-3806
PIZZA HUT - Walnut (909) 594-7722
RENATOS - Walnut (909) 444-1100

COACHES /ATHLETES

A Reminder...

T SHIRTS WILL AGAIN BE LIMITED IN QUANTITY THIS YEAR. WE'D PREFER SELLING THEM ON THE DAY OF THE MEET RATHER THAN BY SPECIAL ORDER (WITH SHIPPING AND HANDLING COST ADDED).

PLEASE REMIND YOUR STUDENTS. IF THEY WISH TO PURCHASE ANY. THE COST LISTED BELOW WILL BE:

T SHIRT (TRADITIONAL: SHORT SLEEVES) \$10.00
T SHIRT (TRADITIONAL: LONG SLEEVES) \$15.00
ANNUAL SOUVNIR COLLECTOR'S PIN \$ 2.00
32-PAGE STATISTICAL PROGRAM \$ 2.00

" SPECIAL "

48TH ANNUAL INVITATIONAL PACKAGE
\$12.00

Includes "Traditional" "T" Shirt
(Short Sleeves), Pin, and Souvenir Statistical Program

Tax Included on all of the above; Make Checks Payable to:
MT. SAC CROSS COUNTRY INVITATIONAL

ADMISSION POLICY

October 25th - 26th

Cross-Country Invitational Admission for all
(except competitors and coaches) will be \$3.00.
This fee includes admission & 32 Page Program.

