YOUR LAST CHANCE BEFORE THE STATE MEET...



COLLEGE OF SAN MATEO PRESENTS

THE TWO-MILE CHALLENGE SATURDAY, NOVEMBER 19, 2016 CSM BULLDOG TRACK STADIUM

ALL-COMERS MEET INFORMATION

Direct All Communication To:

Matt Layten – Head Track & Field/Cross Country Coach
College of San Mateo Two-Mile Challenge
1700 West Hillsdale Boulevard
San Mateo, CA 94402

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Website: http://collegeofsanmateo.edu/crosscountry/

Entries: http://www.directathletics.com

Social Media (Facebook and Instagram): @csmtrackxc

ABOUT THE CSM TWO-MILE CHALLENGE

College of San Mateo Track & Field is excited to announce the inaugural Two-Mile Challenge all-comers meet. The purpose of the meet is to serve as a final prep race for the CIF State Championships or as an opportunity to run one more fast race for the cross country season.

MEET PHILOSOPHY/FORMAT

The meet will be ran with heats created based each athletes' fastest projected two-mile time. The time of the race will occur attempting to simulate the early morning conditions of the CIF State Cross Country Championships in Fresno. Event fields will be created in order to best benefit the athletes and run a fast time.

IMPORTANT INFORMATION AND DEADLINES

Date	Time	Deadline	
Monday, September 26, 2016	8:00am., PT	Entries OPEN on Direct Athletics (www.directathletics.com)	
Tuesday, November 15, 2016	8:00pm., PT	Online entries CLOSE & Entry Fee Deadline	
Thursday, November 17, 2016	8:00pm., PT	Entry Lists Posted	

TENTATIVE SCHEDULE OF EVENTS

Race Time	Race	Race Division
7:30am	Boys 2-Mile	Heat #4
7:50am	Girls 2-Mile	Heat #3
8:15am	Boys 2-Mile	Heat #3
8:30am	Girls 2-Mile	Heat #2
8:50am	Boys 2-Mile	Heat #2
9:05am	Girls 2-Mile	Heat #1
9:20am	Boys 2-Mile	Heat #1

ENTRY INFORMATION

Entry Procedure

- 1. All entries will be done electronically through direcathletics.com. Entries submitted by any other method will not be accepted.
- 2. All entries will be considered final at the close of entries. Athletes will be placed into heats according to marks submitted by the close of entries there will be no opportunity to change the marks after the deadline.
- 3. No Faxed or Phoned entries will be accepted.

Entry Fees

- 1. Entry Fees are \$15 per athlete/\$300 per team (boy's and girl's are considered a combined team).
- 2. There will be NO REFUNDS For scratches or no-show athletes.
- 3. We strongly recommend that you pay your entry fee in advance.
- 4. This fee must be paid prior to the meet at packet pickup.
- 5. All athletes must be entered and payment made online at direcathletics.com with a credit card.

ENTRY INFORMATION

Packet Pick Up:

- All entry fees must be paid in full before your packet is issued.
- Coaches should pick up their team's meet packet prior to competing Saturday from 6:00 AM to 7:00 AM outside the track shed near the tennis courts.

Meet Packets:

Team packets will include heat sheets, time schedule, and entry fee receipts.

FACILITY INFORMATIONS AND SPECIFICATIONS

Facility

Bulldog Stadium is the home of College of San Mateo's Track & Field and Cross Country programs. The running surface and field event venues are surfaced with Mondo Super X performance. The stadium has been the site for multiple California Community College State Championships. It has also been the site for many age group, high school, community college and open track and field events.

Competition Footwear

To simulate cross country conditions at the CIF State Championship, **spikes will not be allowed**. Spikeless racing flats are encouraged.

Facility Access

- Athletes and coaches should have team tents and meeting locations in the stands.
 Warm Ups may occur in the infield or around campus.
- Spectators MUST be in the bleachers or outside fences at all times. Not on the infield or track.

Parking

Parking is available at Bulldog Stadium off Perimeter Road in the Stadium Parking Lot.

CSM TWO-MILE CHALLENGE | November, 19, 2016

