



THIRD ANNUAL SIERRA CROSS COUNTY INVITATIONAL
SATURDAY, 17 SEPTEMBER, 2005
LEGION-TUOLUMNE RIVER REGIONAL PARK - MODESTO

Dear Coach,

I hope that your school year has begun well, and that you're looking forward to the start of Cross Country Season.

Enclosed is meet information for our upcoming Cross Country Invitational on Saturday, 17 September. Due to a scheduling conflict with CSU Stanislaus we have had to host our meet a week later this year.

The course along the shaded banks of the Tuolumne River is unchanged from last year and will serve as both the VOL and TVL championship site this season. We will also award 'top finisher' t-shirts to the top ten in each division this year.

To better manage results this year, we ask you to follow the enclosed entry instructions and e-mail entries to Dick Iwimiya using a similar format to several invitational and SJS sectional meets. Bob Rush who times the Stanford Invitational and the CIF State Meet will handle timing and results for us, and we will have complete results available shortly after the conclusion of the meet barring any major problems.

We look forward to hosting you at our invitational, and please do not hesitate to contact me if you have any questions.

Wishing all the best with the start of your season!

Lisa Shrock
Head Cross Country Coach
Sierra High School-Manteca
209.825-3175x645
lshrock@sjcoe.net



THIRD ANNUAL SIERRA CROSS COUNTRY INVITATIONAL

SATURDAY, 17 SEPTEMBER, 2005

LEGION-TUOLUMNE REGIONAL PARK, MODESTO

RACE SCHEDULE, DISTANCES, AND INDIVIDUAL RACE AWARDS:

| | | | |
|--|----------|---------|-------------------------------|
| Boys Frosh-Soph | 9:00 am | 2 miles | T-shirts to top ten finishers |
| Girls Frosh-Soph | 9:30 am | 2 miles | T-shirts to top ten finishers |
| Boys Varsity | 10:00 am | 5 km | T-shirts to top ten finishers |
| Girls Varsity | 10:35 am | 5 km | T-shirts to top ten finishers |
| Team awards presentation will begin at approximately 15 minutes after last competitor finishes | | | |

COURSE:

Legion-Tuolumne Region Park is located in southwest Modesto along the banks of the Tuolumne River. The course is flat and shady with grass, dirt, and asphalt surfaces. The course is accurate with mile points marked. The course will be clearly marked with race monitors at strategic intersections with mile splits announced. Refer to the enclosed course maps for detailed directions.

ENTRY PROCEDURE:

Refer to the enclosed entry procedure sheet which will also be used this year for the SJS sectional meets. Entries must be e-mailed to Dick Iwimiya at XCTiming@aol.com by **Monday, 12 September, 2005 at 8:00pm**. Changes may be made the day of the meet up to 30 minutes before races. You will not need to report scratches.

ENTRY FEE:

Entry fee is \$25.00 per team, with a maximum of \$100.00 per school, or \$5.00 per individuals if you are running less than five competitors in any race. You may enter an unlimited number of competitors in all races, with the top seven finishers counting towards scoring or displacing. Make cheques payable to Sierra High School, and mailed to Coach Lisa Shrock, Sierra High School, 1700 Thomas St., Manteca, CA 95337. It would be appreciated if you bring your entry fee with you to the meet, or have it posted beforehand.

TEAM AWARDS:

Varsity Races: Plaques to the top three teams in each division.

Frosh-Soph Races: Plaque to the winning team.

UNIFORMS:

All competitors must wear a school issued uniform. As this is an early season competition, uniforms will not be required to be identical.

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FACILITIES:

No changing facilities are available, while restrooms are 200m from the start/finish area. Water, Gatorade and ice for emergencies will be available at the start/finish area.

MEET PACKET COLLECTION:

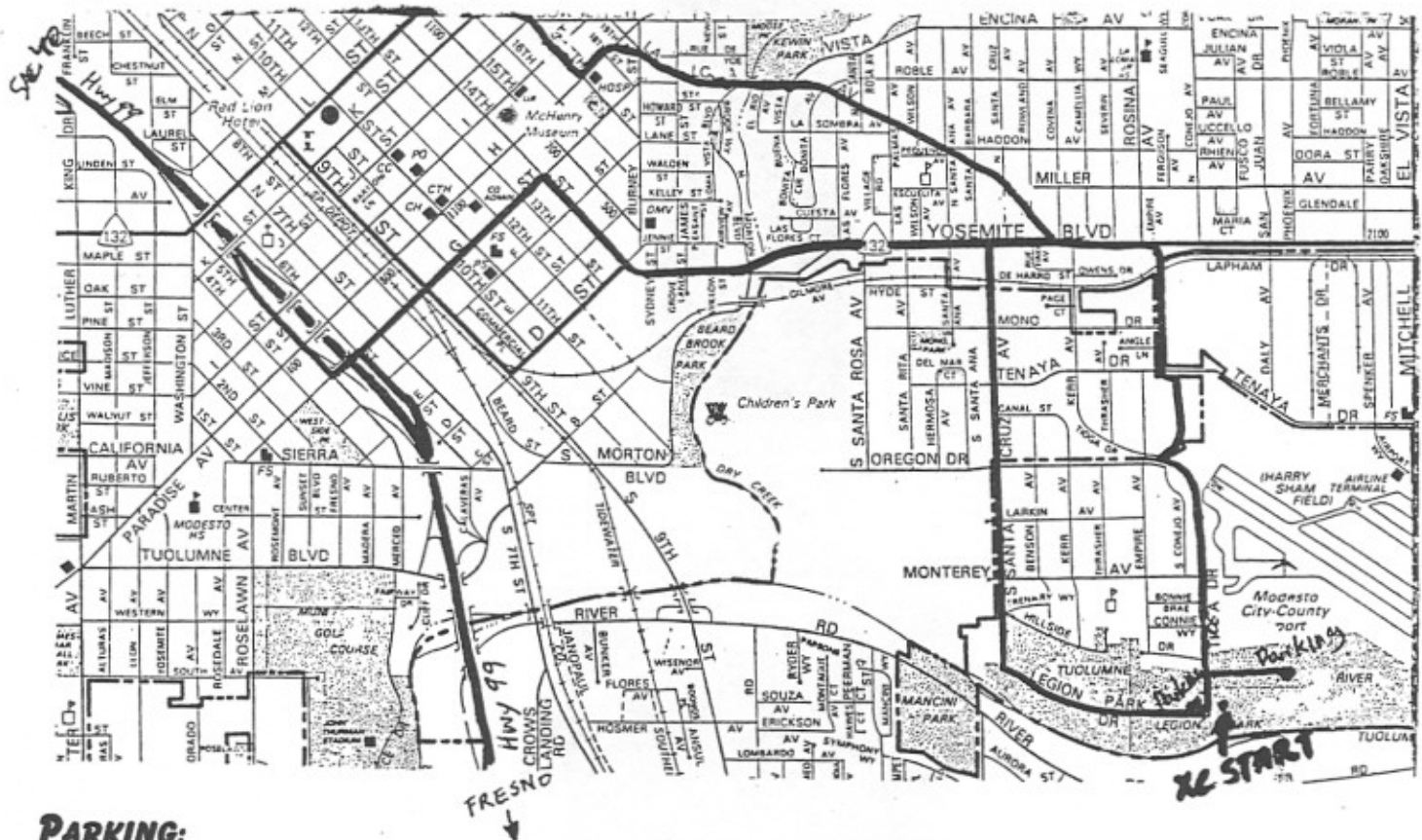
Race packets can be collected from the start/finish area beginning at 8:00am.

RESULTS:

'All About Timing' and Bob Rush are providing the results compilation and distribution. You should have a hard copy of the results when you depart from the meet, and results will also be posted on www.dyestatcal.com. We will e-mail results to local newspapers as soon as possible after the conclusion of the meet.

DIRECTIONS TO LEGION-TUOLUMNE REGIONAL PARK IN MODESTO FROM HWY. 99:

Exit at central Modesto exit. Take G Street into central Modesto, turning right onto 14th, which becomes Yosemite Blvd. at large intersection. Turn right onto Santa Cruz Ave., and follow left around past Legion Hall onto Legion Park Dr., and continue along river until road turns left at Tioga Drive where the packet pick-up and start/finish areas are located 100m to the east.

**PARKING:**

If the grass lot across the road from the start/finish is closed due to fire danger, you may drop your teams off at the start/finish area and park inside the park in paved lots 600m from the start. This alternative parking area will be signed. There is no admission fee to this park.

FURTHER INFORMATION:

Lisa Shrock at Sierra High School. School phone: 209.825-3175x645, fax: 825-3198, home phone: 575-3034, mobile: 602-5611 e-mail: lshrock@pacbell.net or lshrock@sjcoe.net

SIERRA CROSS COUNTRY INVITATIONAL ENTRY FORMAT

SIMILAR TO SEVERAL SJS INVITATIONAL AND SECTIONAL MEETS

ENTRIES DUE ON OR BEFORE MONDAY, 12 SEPTEMBER AT 8:00PM

PROCEDURE NUMBER ONE:

1. **Only E-MAIL entries will be accepted.** In the Subject Box name of meet entries are for.

2. **SET-UP IN EXCEL FILE - HEADER INFORMATION:**

- A. Name of XC Invitational: Sierra Invitational
- B. School Name
- C. Point of Contact Name (POC) with e-mail or phone number
- D. Division of competition: boys or girls, varsity or frosh/soph

3. **TEAM ROSTER:**

- A. Last Name (comma) First Name (comma)

4. **E-mail entries to: XCTiming@aol.com by 8:00pm Monday, 12 September**

5. **EXAMPLE:**

Sierra Invitational
your high school name

POC – John Smith (333) 333-33333

Boys varsity:
Fong, Steven
Jones, Dan
Chavez, Jose
O'Donnell, Russ

PROCEDURE NUMBER TWO:

1. **Only E-MAIL entries will be accepted.** In the Subject Box, name of meet entries are for.

2. **HEADER INFORMATION:**

- A. Name of XC Invitational: Sierra Invitational
- B. School Name
- C. Point of Contact Name (POC) with e-mail or phone number
- D. Division of competition: boys or girls, varsity or frosh/soph

3. **TEAM ROSTER:**

- A. From your computer where you currently have your team roster saved, highlight & copy your team roster into the body of e-mail message. I would prefer an excel file over a word document, but I can make either work.

4. **E-mail entries to: XCTiming@aol.com by 8:00pm Monday, 12 September**

LEGION/TUOLUMNE REGIONAL PARK 5 KM. CROSS COUNTRY COURSE

Directions to Legion-Tuolumne Parks from Hwy. 99: Exit at central Modesto Exit. Take G Street into central Modesto, turning right onto 14th, which becomes Yosemite Blvd. at large intersection. Turn right onto Santa Cruz Ave., and follow around past Legion Hall onto Legion Park Dr., and continue along river until road turns left at Tioga Drive. Park either in field to right or follow Tioga Drive 200m to Tuolumne Reg. Park entrance and park in lots across creek.

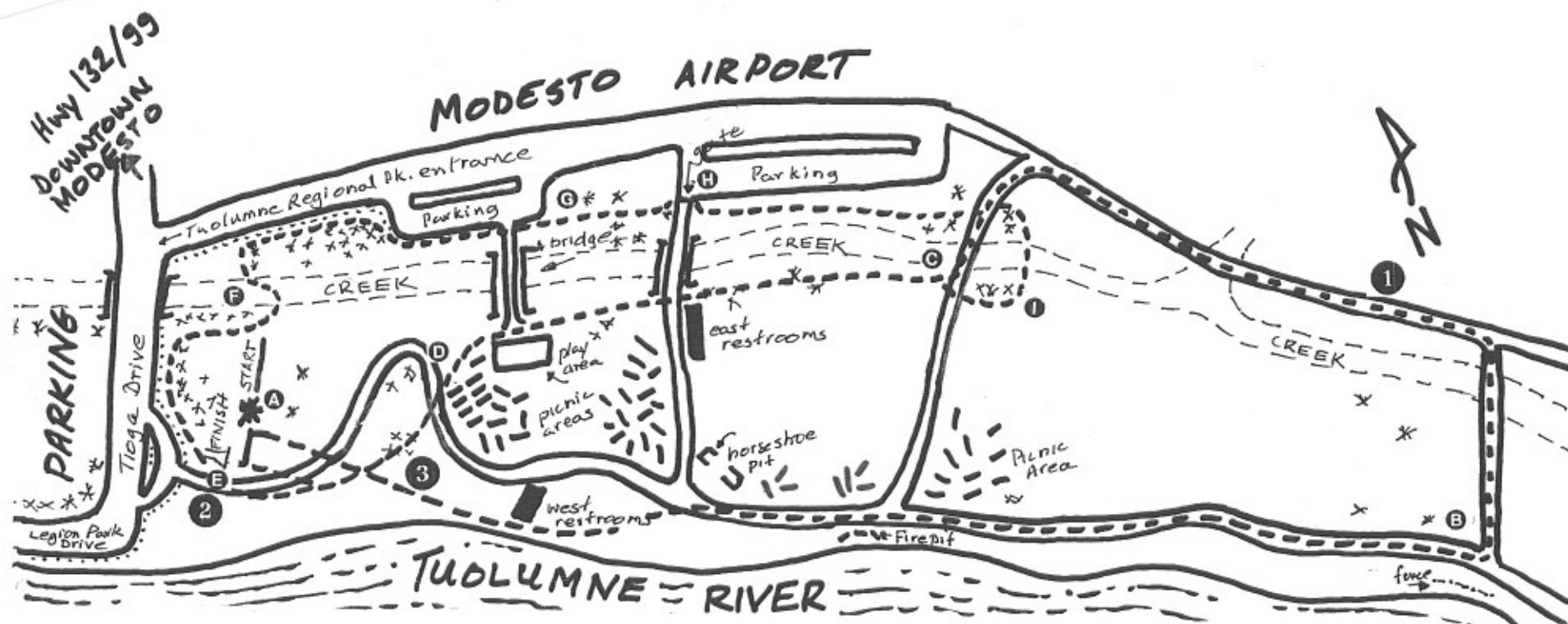
elevation: 55 ft. above sea level; **composition:** 41.5% grass; 30.1% asphalt bike path; 28.4% dirt

brief description: Situated on the banks of the Tuolumne River, this accurate 5000m two-loop course negotiates flat or undulating terrain on the rivers shaded flood pan. There is one 12m hill 200m past the 2 mile mark. Each mile is marked on bike path or permanent feature.

Course follows this alphabetical legend (map not to scale):

A Start at the old oak tree, and travel directly to the right of the west restrooms and follow bike path **B** left up bike path at fork after brown fence, **1 mile** after turning back towards start (follow bike path down through creek, then veer right onto dirt field towards east restrooms **D** after passing play and picnic area 'dog-leg' left before heading right back towards old oak **E** pass to the left of the old oak on bike path, **2 mile**, and turn right after finish chute and grove of trees **F** travel through creek bed and up steep hill with trees on your right. Travel along edge of access road on dirt, then down to your right onto walkway bordering parking lot **G** travel onto dirt between hill and creek **H** cross access road up along a small ridge and before crossing bike path turning right down through creek on dirt trail **I** veer right and cross elevated bike path towards east restrooms **C - D** retrace first loop path past play area and to finish **3 mile** mark on 'no swimming' sign **E** finish to left 25m beyond old oak

course records: Boys: Jim Elam-Sierra: 16:33.0 in 2004 Girls: Monica Frailing-Downey: 18:46.0 in 2004



LEGION/TUOLUMNE REGIONAL PARK 2MILE CROSS COUNTRY COURSE

Directions to Legion-Tuolumne Parks from Hwy. 99: Exit at central Modesto Exit. Take G Street into central Modesto, turning right onto 14th, which becomes Yosemite Blvd. at large intersection. Turn right onto Santa Cruz Ave., and follow around past Legion Hall onto Legion Park Dr., and continue along river until road turns left at Tioga Drive. Park either in field to right or follow Tioga Drive 200m to Tuolumne Reg. Park entrance and park in lots across creek.

elevation: 55 ft. above sea level; **composition:** 41.5% grass; 30.1% asphalt bike path; 28.4% dirt

brief description: Situated on the banks of the Tuolumne River, this accurate one 2mile-loop course negotiates flat or undulating terrain on the rivers shaded flood pan. Each mile is marked on bike path or permanent feature.

Course follows this alphabetical legend (map not to scale):

A Start at the old oak tree, and travel directly to the right of the west restrooms and follow bike path **B** left up bike path at fork after brown fence, **1 mile** after turning back towards start **C** follow bike path down through creek, then veer right onto dirt field towards east restrooms **D** after passing play and picnic area 'dog-leg' left before heading right back towards old oak **E** finish to left 25m beyond old oak

course records: Boys: Omar Fernandez-Riverbank: 10:46.0 in 2004 Girls: Brida Beltran-Oakdale: 12:26.0 in 2004

