



FOURTH ANNUAL SIERRA CROSS COUNTRY INVITATIONAL

SATURDAY, 9 SEPTEMBER, 2006

LEGION-TUOLUMNE REGIONAL PARK, MODESTO

RACE SCHEDULE, DISTANCES, AND INDIVIDUAL RACE AWARDS:

Boys Frosh-Soph	9:00 am	2 miles	Shoe Bags to top ten finishers
Girls Frosh-Soph	9:30 am	2 miles	Shoe Bags to top ten finishers
Boys Varsity	10:00 am	5 km	Shoe Bags to top ten finishers
Girls Varsity	10:35 am	5 km	Shoe Bags 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, 4 September, 2006 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: Beginning this year we will providing team awards in both large school/small school divisions. Plaques will be awarded to the top three teams in each division.

Frosh-Soph Races: Plaque to the winning teams in large school/small school divisions.

INDIVIDUAL AWARDS:

Shoe bags to the top ten finishers in each race.

UNIFORMS:

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

continued...

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:

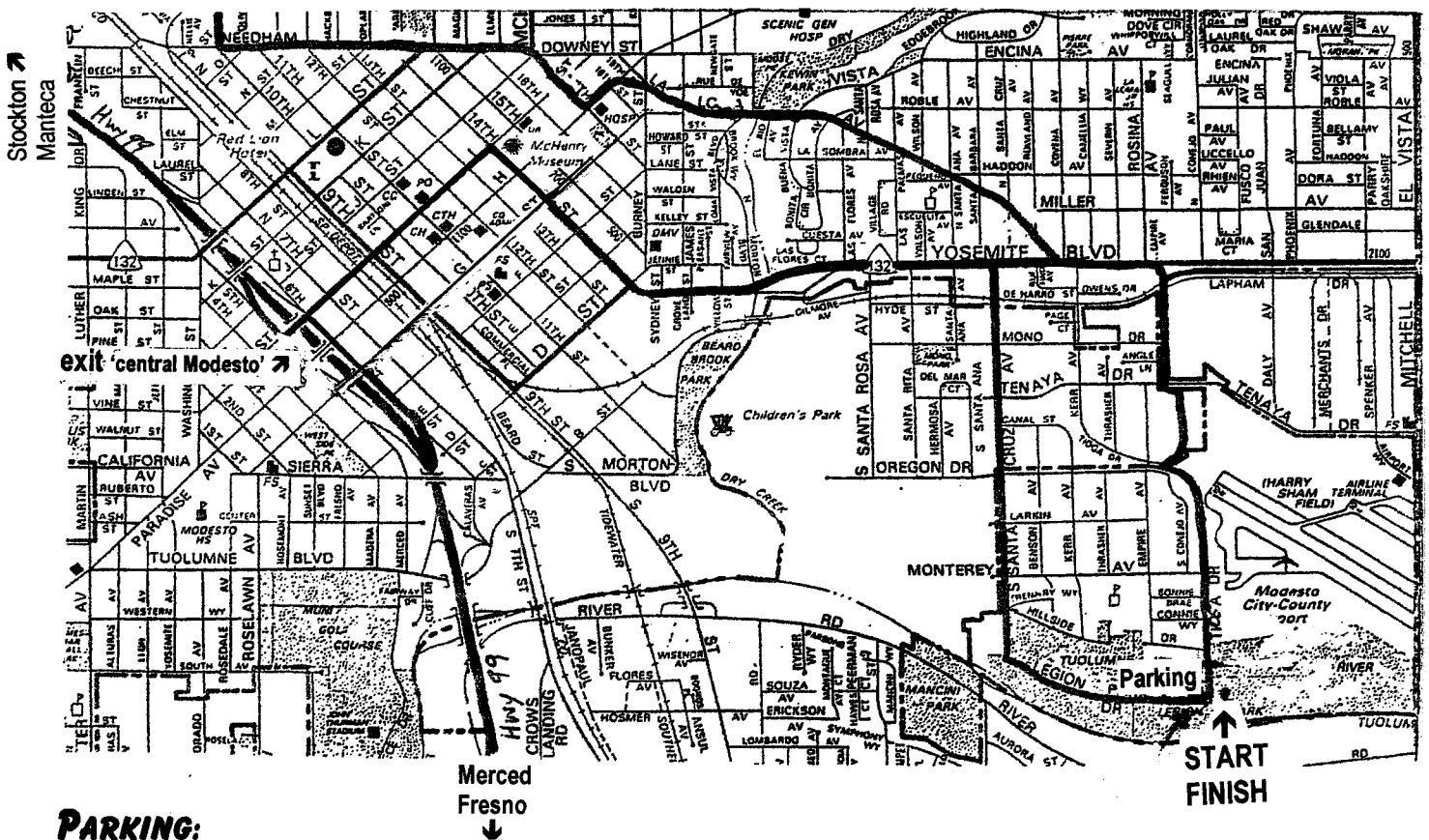
Race packets can be collected from the start/finish area beginning at 8:00am.

RESULTS:

'All About Timing' is 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 I Street into central Modesto under the 'Modesto Arch', 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:

Park in the grass lot across the road from the start/finish area on Tioga Blvd. 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: lsrock@pacbell.net or lsrock@sjcoe.net

2006 SIERRA HIGH SCHOOL - ENTRY FORMAT

(SIMILAR TO THE SUB AND SECTION MEET ENTRY FORMAT)

ENTRIES DUE BY MONDAY, 4 SEPT. AT 8:00PM

ENTRY OPTION No. 1

1. Only EMAIL entries will be accepted. NO EMAIL ATTACHMENTS will be accepted.
IF YOU DO NOT RECEIVE AN ACKNOWLEDGEMENT OF RECEIPT, PLEASE RESEND YOUR ENTRIES.
2. In the email subject box indicate invite. name: Sierra HS Invite.
3. E-mail mail body:
HEADER INFORMATION:
A. School - Name
B. Point of Contact Name: email or phone #
4. TEAM ROSTER:
A. Last Name (comma) First Name (comma) Sex (B/G) (comma) School Year (FR, SO, JR, SR)
5. Email entries to: xctiming@aol.com
6. EXAMPLE BELOW:
School - XYZ High School
POC - John Smith (333) 333-3333, jsmith@mushd.k12.ca.us

Fong, Steven, B, FR
Jones, Dan, B, SO
Whitney, Joann, G, JR
O'Donnell, Russ, G, SR

ENTRY OPTION No. 2

1. Only EMAIL entries will be accepted. NO EMAIL ATTACHMENTS will be accepted.
IF YOU DO NOT RECEIVE AN ACKNOWLEDGEMENT OF RECEIPT, PLEASE RESEND YOUR ENTRIES.
2. In the email subject box indicate invite. name: Sierra HS Invite.
3. E-mail mail body:
HEADER INFORMATION:
A. School - Name
B. Point of Contact Name: email or phone #
4. TEAM ROSTER:
A. Be sure the following information is included: first name, last name, sex and school year.
B. From your computer highlight, copy & paste your team roster into the body of the email message.
5. E-mail entries to: xctiming@aol.com

ENTRY OPTION No. 3

Note for SJS schools, the following is going to be the procedure to enter your school into the SJS XC Sub-sections: Establish an account now or when you submit your entries for the sub-section meet. Go to this web-site: www.athletic.net and establish a FREE account. Follow the instructions to enter your team into the Sierra Invitational.

QUESTIONS:

You can contact Dick Iwamiya at: xctiming@aol.com or phone him at 916.391-7760.

For team roster corrections contact Dick before the meet, not the day of the meet

Manteca Unified School District

**2006 Sierra Cross-Country Invitational
Participant Waiver of Liability**

- to be completed by parent or guardian of each competitor and presented by coach at packet pick-up -

I, _____, am the parent/guardian of _____
and hereby give my consent for my son/daughter to participate in the **Sierra Cross Country Invitational** which is a voluntary school/sport activity being hosted by Sierra High School on Saturday, September 9, 2006 at the Tuolumne Regional Park in Modesto, CA.

California Education Code Section 35330 states, in pertinent part, as follows:

"All persons making the field trip or excursion shall be deemed to have waived all claims against the District or the State of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion."

I have read and understand Education Code Section 35330 as quoted above.

I further acknowledge and understand that by my son/daughter participating in the Sierra Cross-Country Invitational that he/she will be using the property of the City of Modesto solely at their own risk; and in the event of any injury or other damage they may incur on or about the property owned by the City of Modesto, I hereby agree that I will hold harmless the Manteca Unified School District, its officers, agents, and employees, from any and all liability or claims that may arise out of or in connection with my child's participation in this voluntary activity.

Dated: _____

Signature of Parent or Guardian

High School: _____

Competitor's Name: _____

Home Address: _____

Home Phone No.: _____

LEGION/TUOLUMNE REGIONAL PARK 2MILE CROSS COUNTRY COURSE

Directions to Legion-Tuolumne Parks from Hwy. 99: Exit at central Modesto Exit. Take I 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.

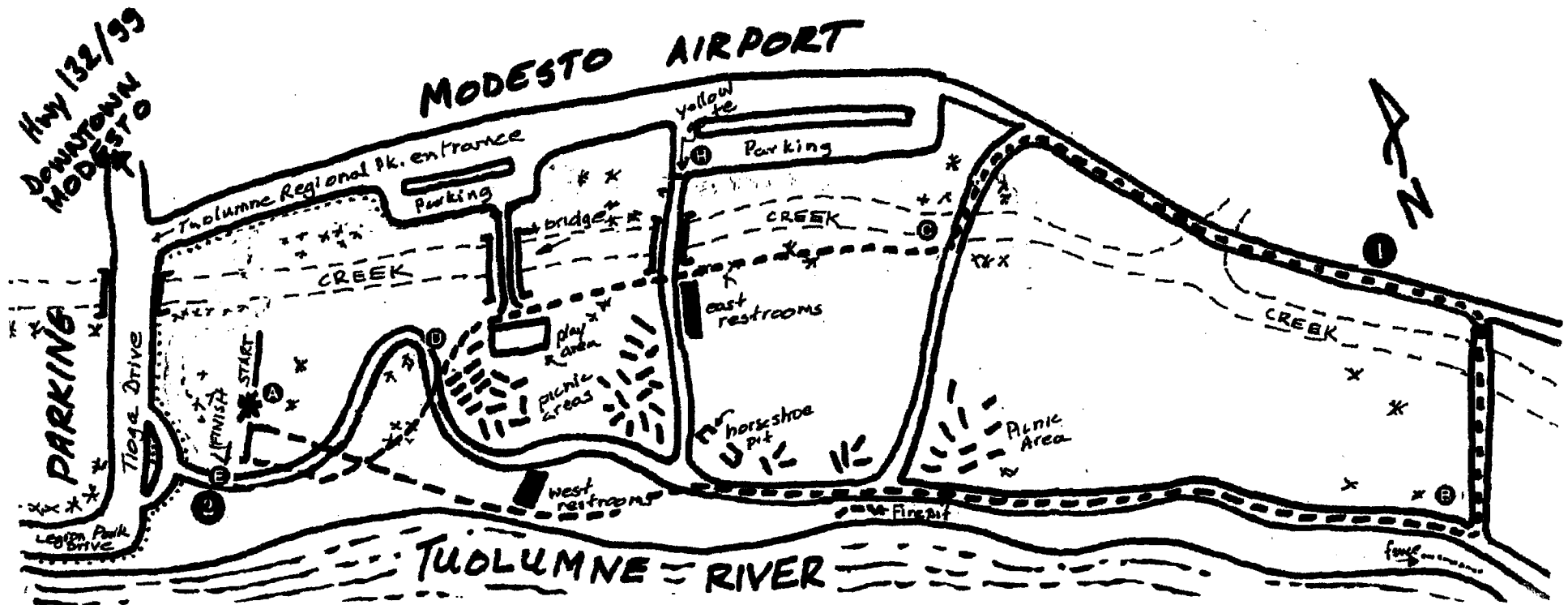
elevation: 55 ft. above sea level; **composition:** 41.5% grass; 30.1% asphalt bike path; 28.4% dirt

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: German Fernandez-Riverbank: 10:46.0 in 2004 **Girls:** Brida Beltran-Oakdale: 12:26.0 in 2004



LEGION/TUOLUMNE REGIONAL PARK 5 KM. CROSS COUNTRY COURSE

Directions to Legion-Tuolumne Parks from Hwy. 99: Exit at central Modesto Exit. Take I 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 **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** 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: German Fernandez/Riverbank: 16.01.0 in 2005

Girls: Maritza Garcia/Riverbank: 18:38.0 in 2005

