



FIFTH ANNUAL SIERRA CROSS COUNTRY INVITATIONAL
SATURDAY, 8 SEPTEMBER, 2007
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:

ENTRIES DUE BY MONDAY, 3 SEPTEMBER AT 8:00PM

Note for Sac-Joaquin Section schools, the following is going to be the procedure to enter your school into the SJS XC Sub-Sections.

- Go to the following web site: www.athletic.net and establish a free account. Follow the instructions to enter your team into the Sierra Invitational.
- **Questions:** Contact Dick Iwamiya at: xtiming@aol.com or KATSUSHI@aol.com or phone him at 916.391-7760.
- **For schools entering after this deadline, there is a flat \$50.00 late processing fee.** Please enter before the deadline!

For team roster corrections contact Dick before the meet and, preferably not on the day of the meet. You will not need to report scratches.

ENTRY FEE:

Entry fee is \$5.00 per individual or \$125.00 maximum per school. 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 mail 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: This year we will be providing team awards in both large school (divisions I, II, & III); small school (IV & V) 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.

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, e-mail: lshrock@pacbell.net or lshrock@musd.net.

WE'RE LOOKING FORWARD TO HOSTING YOU AT THIS GREAT EARLY SEASON INVITE!

MANTECA UNIFIED SCHOOL DISTRICT
2007 SIERRA CROSS-COUNTRY INVITATIONAL
PARTICIPANT WAIVER OF LIABILITY

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 8, 2007 at the Tuolumne River 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: _____

Athlete's Name: _____

Home Address: _____

Home Phone No. _____

FORM MUST BE COMPLETED BY EACH ATHLETE PRIOR TO PARTICIPATING

LEGION/TUOLUMNE REGIONAL PARK 2 MILE 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.

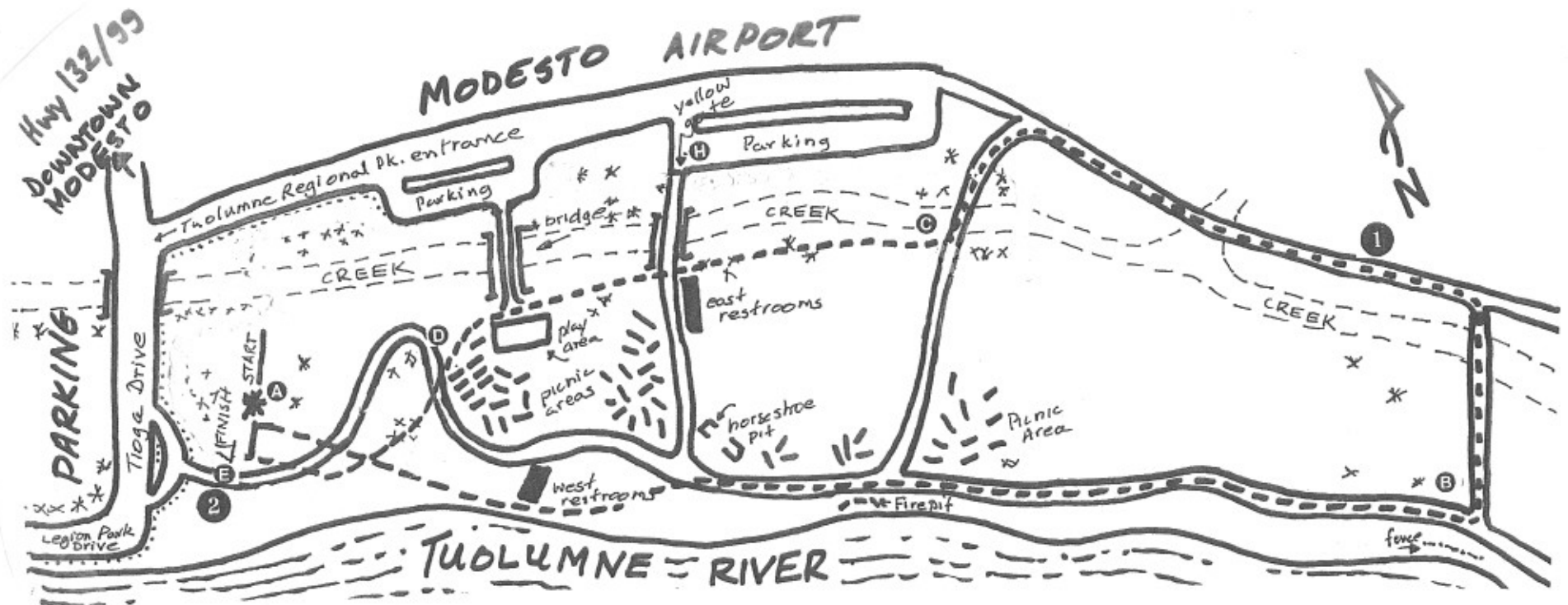
elevation: 55 ft. above sea level; **composition:** 41.5% grass; 30.1% asphalt bike path; 28.4% dirt

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 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:** Lauren Peterson-Galt: 12:00.0 in 2006



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.

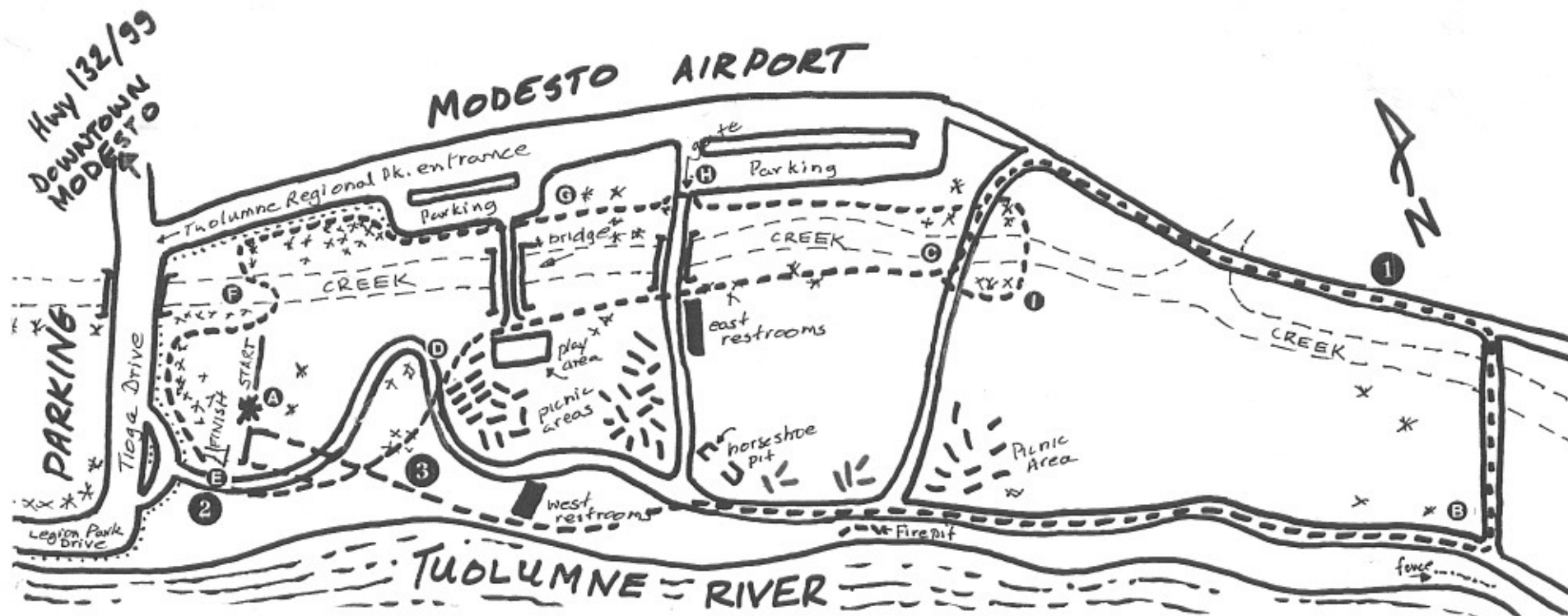
elevation: 55 ft. above sea level; **composition:** 41.5% grass; 30.1% asphalt bike path; 28.4% dirt

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):

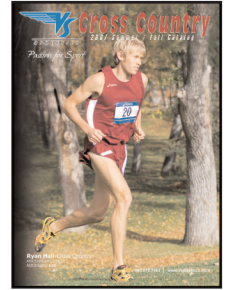
A Start at the old oak tree, and travel directly to the right of the west restrooms and follow bike path **B** left up bike path at fork after brown fence, **1 mile** after turning back towards start **C** follow bike path down through creek, then veer right onto dirt field towards east restrooms **D** 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 **h**, **3 mile** mark on 'no swimming' sign **E** finish to left 25m beyond old oak

course records: Boys: German Fernandez/Riverbank: 16:01 in 2005; Girls: Maritza Garcia/Riverbank: 18:38 in 2005





VS Athletics Sierra High School Cross Country Invitational XC Shoe Sale



adidas Neptune XC Flat

Ideal for indoor/outdoor track and cross country. Reinforced upper with cutouts secures the foot on uneven ground. Mesh nylon combines light weight and breathability. Synthetic leather trims improve durability. Foam insole adds comfort. Pre-molded EVA midsole provides optimized comfort and cushioning. Aggressive spikeless TraXion™ outsole provides excellent grip in all directions.

Price: \$53.95

Colors: Black/Silver/Crimson Red - Item #464710

Silver/Royal/White - Item # 017415



adidas Venus XC

A sleek women's only racing shoe with a spikeless TraXion™ outsole that provides maximum grip for female harriers of any level. Mesh nylon upper combines light weight and breathability. Synthetic leather trims improve upper durability. Pre-molded EVA midsole adds optimized comfort and cushioning. Full rubber outsole offers durability in high wear areas. Wt. 7.6 oz.

Price: \$53.95

Colors: White/Vital Green/Pool - Item # 017417

Light Sky/Colonial Navy/White - Item # 464713



ASICS® Men's and Women's Hyper™ XCS

Trusstic System® . SpEVA® midsole. Solid rubber outsole. Includes 9mm spikes and wrench.

Men's - Colors: White/Silver/Cranberry - Item #0193

Black/White/Gold - Item #9091

Women's - Colors: Grey/Pink/Silver - Item #9193

White/Yellow/Grey - Item #0191

Reg. \$50.00 plus tax

Your team price-including tax: **Only \$ 44.95**



Nike Zoom Waffle Racer

Lightweight, breathable mesh upper. Full-length Phylon™ midsole.

Heel/forefoot carbon rubber Waffle® outsole. midfoot TPU shank.

Men's - Colors: Black/Black/Dark Charcoal/Anthracite - Item #316459

Women's - Colors: Anthracite/Max Orange/Flint Grey - Item #314580

Reg. \$50.00 plus tax

Team price-including tax: **\$45.00**



Seiko S149 Stopwatch w/Printer

Prints and displays finish times or finish times and split times. Stores 300 times in separate user defined blocks. Fast action printing to 99 then starts over. Large paper holder and external push button accessories available.

Three year Seiko warranty.

Item #3001 Reg. \$329.00 **Sale \$299.00**

Thermal Paper Item #3002 \$8.95



The Stick

An easy-to-use dynamic reactive instrument. Designed to segmentally compress and stretch muscle. Can be used with or without assistance, on skin or through clothing.

Item #10750 **\$29.95**

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