

12th annual mustang/phair co. cross country invitational  
Friday, September 7th, 2007-3:05 p.m. at rohr park

Dear Coach,

I hope you are looking forward to a great summer. We are looking forward to your participation in THE TWELTH ANNUAL MUSTANG/PHAIR CO. CROSS COUNTRY INVITATIONAL to be held at Rohr Park in Chula Vista beginning at 3:05 P.M. on Friday, September 7th, 2007.

I have included an entry sheet for you to indicate your interest in participating in this years meet. Please mail this form back as soon as possible. You do not need to send entry fees at this time.

**COURSE DESCRIPTION:** The course is predominantly grass and dirt with a very limited amount of concrete and asphalt. It is also predominantly flat with only one short hill. It is definitely cross country but it is nice for early season since there are not any grueling hill stretches. Start and finish are in the same places for all races.

**ENTRY FEES:** Fees are \$30 per division entered with the exception of the coaches/ Parents race which is free. There is a minimum entry fee of \$50 per school.

**AWARDS:** Medals will be awarded to 35 individuals in all varsity races and at least 25 individuals in Junior Varsity races. There will be trophies for the top 3 varsity and top 3 Junior Varsity teams in each division. Medals will be awarded for 7 individuals on the first 3 varsity teams and for 5 individuals on the top 2 Junior Varsity teams in each division.

RACE SCHEDULE

3:05 PM	BOYS' JUNIOR VARSITY SILVER DIVISION	2.2 MILE COURSE
3:30 PM	GIRLS' VARSITY SILVER DIVISION	2.2 MILE COURSE
3:55 PM	GIRLS VARSITY BLUE DIVISION	2.2 MILE COURSE
4:20 PM	BOYS' VARSITY SILVER DIVISION	3.1 MILE COURSE
4:45 PM	BOYS' VARSITY BLUE DIVISION	3.1 MILE COURSE
5:10 PM	GIRLS' JUNIOR VARSITY SILVER DIVISION	1.65 MILE COURSE
5:30 PM	GIRLS' JUNIOR VARSITY BLUE DIVISION	1.65 MILE COURSE
5:50 PM	BOYS' JUNIOR VARSITY BLUE DIVISION	2.2 MILE COURSE
6:15 PM	COACHES/PARENTS RACE	1.65 & 2.2 MILE COURSES

We look forward to having your team join us for an exciting and enjoyable afternoon of cross country races. Please let me know ASAP whether you plan to participate in the Mustang XC Invitational. If you have an e-mail address you use, please include that on the form from page 2 of this information sheet. I will be using e-mail for future correspondence. **Note that this year you will need to enter a roster at <athletic.net> of all possible athletes one week before the meet.**

Have a great summer—you may reach me at (619) 422-5416(home) or (619) 591-5000 (school). I go back to work on July 12<sup>th</sup>. You may also contact me at [ian.cumming@suhds.k12.ca.us](mailto:ian.cumming@suhds.k12.ca.us)

Best Wishes,

Ian Cumming

2007 mustang/phair co. cross country invitational  
Friday, September 7th-3:05 pm

Coaches,

If you wish to enter your team in The 12th Annual Mustang Cross Country Invitational scheduled for Friday, September 7th, please return this sheet by Friday, July 13<sup>th</sup>. You may send your entry fees later. Entry fees will be \$30 per division or \$6 per individual with a minimum of \$50/school. Please check each category, which you plan to enter. (I have asked for your home address below since the final mailing will be during the summer. I will use e-mail if you give me that info.

SCHOOL: \_\_\_\_\_ GIRLS' COACH: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ SCHOOL PHONE: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ BOYS' COACH: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ SCHOOL PHONE: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

(PLEASE MAKE YOUR BEST GUESS ON THE # OF RUNNERS/RACE)

# OF RUNNERS FOR THE GIRLS VARSITY RACE: \_\_\_\_\_

# OF RUNNERS FOR THE JR. VAR. GIRLS RACE: \_\_\_\_\_

# OF RUNNERS FOR THE BOYS' VARSITY RACE: \_\_\_\_\_

# OF RUNNERS FOR THE JR. VAR. BOYS RACE: \_\_\_\_\_

# OF RUNNERS IN COACHES/PARENTS RACE: \_\_\_\_\_

ENTRY FEES=\$30 X THE NUMBER OF DIVISIONS ENTERED OR \$6/  
INDIVIDUAL(REMINDER THAT YOUR TOP 7 INDIVIDUALS NEED TO RUN VARSITY UNLESS  
OKAYED BY MEET DIRECTOR). THE COACHES/ PARENTS RACE IS FREE FOR ENTERED  
TEAMS. \$50 IS THE MINIMUM ENTRY FEE PER SCHOOL.

PLEASE MAIL YOUR ENTRY TO: IAN CUMMING  
OTAY RANCH HIGH SCHOOL  
1250 OLYMPIC PARKWAY  
CHULA VISTA, CA. 91913

E-MAIL: [ian.cumming@suhsd.k12.ca.us](mailto:ian.cumming@suhsd.k12.ca.us) or (619) 422-5416/(619) 591-5000  
Best Wishes,

Ian Cumming