

2007 Sunny Hills High School Cross Country Invitational

Saturday: September 22, 2007 (gates open at 7a.m.)
Craig Regional Park
(follow signs in the park to the sports complex)
3300 N. State College Blvd.
Fullerton, CA 92835

Two Division 1 - Is for schools that are CIF or State Div. I or II
Divisions: Division 2 - Is for schools that are CIF or State Div. III, IV or V.

Meet Coach Greg Abbott: gregory785@gmail.com
Directors: Doug Cavanagh: doug_cavanagh@sbcglobal.net

Cost: \$45 per team (by grade and gender) of 5 or more
\$10 per individual runner

! NEW THIS YEAR !

Computerized
Timing System

! MORE FOOD !

Enjoy Drinks, Snacks
and Barbeque

Parking:

The gate opens at 7:00a.m. Parking is limited - please car pool. Car parking is \$5.00 per car, and the toll gate takes one dollar bills (exact change required). There is limited bus parking in the park. Required bus passes (no charge) will be provided to the first schools to register. Please state on your registration e-mail if you need a bus parking pass. There is a height restriction of 11'8" (not normally a problem for school busses).

Requests:

To make the event better for everyone:

- Runners should stay off of roads in the park when unloading from busses and warming up.
- It can get warm in the late morning. Runners should be advised to drink plenty of water.

REGISTRATION

We will have an improved (electronic) timing and reporting system this year, which will require that participants pre-register. We will be able to handle on-site registration for a few runners, but on-site registration cannot be guaranteed. The deadline for pre-registration is **September 10, 2007**.

Coaches should e-mail an Excel spreadsheet with the following information for each runner (six columns) to doug_cavanagh@sbcglobal.net:

First Name, Last Name, Grade (9 -12), Male or Female, School Name, Division.

Since it will be difficult to register the morning of the event, we suggest you pre-register all runners, even those who may elect just before the race to not participate.

Checks should be made payable to "SHHS Cross Country" and sent to:

Doug Cavanagh
2940 Terraza Place
Fullerton, CA 92835

The pre-registration cost is \$10 per individual, and \$45 for each team (by grade and gender) of 5 or more. Participation with at least five runners in each race will require registration of eight teams. Registration on the day of the race will be \$15 per individual and \$65 per team.

Race Starting Times:

8:00 AM	Senior Girls	10:00 AM	Junior Girls
8:30 AM	Senior Boys	10:30 AM	Junior Boys
9:00 AM	Freshman Girls	11:00 AM	Sophomore Girls
9:30 AM	Freshman Boys	11:30 AM	Sophomore Boys

Awards:

There will be individual awards given to the top finishers of each division in every race. Team awards will also be presented.

Please visit our team web-site at www.shhstrack.com

Sunny Hills Cross Country Invitational: Saturday September 22, 2007

Pre-registration form: Make checks payable to SHHS Cross Country

School _____ CIF or State Div. _____

Address _____ City _____ Zip _____

Coach _____ Phone _____

E-mail _____

of teams _____ @ \$45 ea.

of individuals _____ @ \$10 ea.