

# 2009 DE LA SALLE/CARONDELET NIK CROSS COUNTRY INVITATIONAL

Dear Coach,

We are pleased to invite you to the De La Salle/Carondelet Nike Cross Country Invitational to be held on September 19, 2009 at Newhall Park in Concord. It is our goal to provide your teams with an excellent opportunity to compete in a well-organized event. We have made adjustments in planning and scheduling to accommodate all competitors in the best way possible. We want to make your teams better than ever in 2009. The varsity competition will be 3.0 miles, and the freshman/sophomore competitions will be 2.0 miles. We look forward to an exciting day of racing on an excellent spectator course.

Attached you will find general information and the entry form for the 2009 Nike Cross Country Invitational. Please pay special attention to the entry deadline (Tuesday, September 15, 2009). Please email [selbyk@dlshs.org](mailto:selbyk@dlshs.org) to request a password allowing you to enter [www.episports.com](http://www.episports.com). Coaches will receive updates to ensure that we have received your entry fees. You will receive a confirmation once your entries have been received.

- All buses must park at De La Salle High School located at 1130 Winton Road, Concord. Teams may be dropped at the meet, and the bus can park in the lot. We ask that coaches communicate with their bus drivers to arrange pick ups and drop offs. This change is part of our effort to work with the city of Concord to accommodate a large number of people that attend the meet. Further parking instructions will be provided the week of the meet.
- Changes have been made in the entry instructions. All coaches are asked to email Selby ([selbyk@dlshs.org](mailto:selbyk@dlshs.org)) the total number of athletes they will bring to the meet. The total size will be limited to a combined total 1500 runners from all races.

If you have questions, please contact Kevin Selby, De La Salle High School, at (925) 928-1234 or [selbyk@dlshs.org](mailto:selbyk@dlshs.org). We look forward to seeing you on September 19 at Newhall Park.

Sincerely,

# DLS/CHS Nike Cross Country Invitational

## Saturday, September 19, 2009

### Newhall Park, Concord, CA

#### Schedule of events:

8:45 AM	Junior Varsity Girls	Unlimited
9:10 AM	Junior Varsity Boys	Top 7 runners
9:35 AM	Frosh/Soph Girls	Unlimited
10:00 AM	Frosh/Soph Boys	Top 7 runners
10:25 AM	Junior Varsity Boys	Unlimited (non-team scores)
10:50 AM	Frosh/Soph Boys	Unlimited (non-team scores)
11:15 AM	Varsity Girls	Top 7 runners
11:45 AM	Varsity Boys	Top 7 runners
12:15 AM	AWARDS CEREMONY	

<u>Course:</u>	Varsity	3.0 miles
	JV and F/S	2.0 miles

#### Awards: **Individual:**

- \*Top 15 individuals in each race receive Nike merchandise
- \*Top 20 individuals in the JV and F/S races receive medals
- \*Top 25 individuals in the varsity races receive medals!

#### **Team:**

- \*Top 3 varsity teams receive Nike merchandise for each team's winning coach!
- \*Top 3 teams in all team-scored races receive medals!

#### Parking:

There are a limited number of parking spaces available in the parking lot. Overflow parking is available at CSU, Easy B campus located at 4700 Ygnacio Valley Road. A shuttle bus is provided to transport people to and from the meet. **Buses from La Salle High School during the meet.**

