

# **2010 DE LA SALLE/CARONDELET NIKE 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 18, 2010 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 meet planning and scheduling to accommodate all competitors in the best way possible. We aim to serve your teams better than ever in 2010. The varsity competition will be 3.0 miles, and junior varsity and frosh/soph 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 information for the 2010 DLS/CHS Nike Cross Country Invitational. Please pay special attention to the entry deadline (Tuesday, September 14, 2010). Please enter your team at [www.episports.com](http://www.episports.com). Coaches will receive updates to ensure that we have received your rosters and entry fees. You will receive a confirmation once your entries have been received.

If you have questions, please contact me at (925) 288-8151 or [selbyk@dlshs.org](mailto:selbyk@dlshs.org). We look forward to seeing you on September 18 at Newhall Park!

Sincerely,

Kevin Selby, Meet Director

# **DLS/CHS Nike Cross Country Invitational**

## **Saturday, September 18, 2010**

### **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 scored)
10:50 AM	Frosh/Soph Boys	Unlimited (non-team scored)
11:15 AM	Varsity Girls	Top 7 runners
11:45 AM	Varsity Boys	Top 7 runners
12:15 AM	AWARDS CEREMONY	

<b><u>Course:</u></b>	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 member and winning coach!
- \*Top 3 teams in JV and F/S team-scored races receive medals!
- \*Top 6 teams in varsity races receive medals!

#### **Parking:**

There are a limited number of parking spaces available in the Newhall parking lot. Overflow parking is available at CSU, Easy Bay – Concord campus located at 4700 Ygnacio Valley Road. A shuttle bus will be provided to transport people to and from the meet.

**Questions:** Kevin Selby      (925) 288-8151      selbyk@dlshs.org

## Entry Information

1. All entries will be done on [www.episports.com](http://www.episports.com).  
**Entries will open by August 28, 2010 and close on September 14, 2010 at noon.**  
Go to episports.com, create your own password, select our meet, and enter your team.
2. Please email Kevin Selby ([selbyk@dlshs.org](mailto:selbyk@dlshs.org)) with the approximate number of athletes you will be bringing to the meet. The field size will be limited to a combined total 1500 runners from all races.
3. Please enter your athletes on episports.com. You will not determine divisions when you enter your team. Determination of division is based on coach's decision, and we ask that you limit your team's entries as stated in the schedule of events.

## Entry Fees

\$12 per individual      \$60 per division      \$195 maximum fee

Payable to:                      De La Salle High School  
   Attn: Kevin Selby  
   1130 Winton Drive  
   Concord, CA 94518

## Directions to Newhall Park

1. Take 680 to the Treat/Geary exit.
2. Go east five miles to Turtle Creek Road.
3. Turn right on Turtle Creek Road, and the park is on your left after 1 mile.
4. For the best parking, continue on Treat Blvd. past Turtle Creek Road and turn right on Clayton Road. Then turn right on Newhall Parkway, which dead ends at the park on the east side.

## Meet Website

<http://www0.dlshs.org/webpages/voltattorniB/fall%20sports/CrossCountry/NikeCrossCountryInvitational.cfm>

## Trainer

A certified athletic trainer will be on site throughout the meet and will be located under a tent near the finish line. The primary purpose of the trainer is to care for injured athletes.