

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
10:50 AM	Frosh/Soph Boys	Unlimited
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 25 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 JV and F/S teams receive medals!
- *Top 6 teams in varsity races receive medals!