

## Mt Sac Invitational



When: Saturday October 24, 2015

Where: Mt San Antonio Junior College, Pomona, Ca

Bus Time: 10:30 am                      Return to Buena: 10:00 pm

### Race Schedule:

Soph Girls- blue Race #91 – 2:45 PM	Fresh Girls- blue Race #95 – 3:17 PM	Var Girls- red Race #105 – 4:37 PM	JV Girls- blue Race #107 – 4:53 PM
Soph Boys- green Race #92 – 2:54 PM	Fresh Boys- green Race #96 – 3:26 PM	Var Boys- yellow Race #106 – 4:46 PM	JV Boys Race #109 – 5:19 PM

For more race information check: <http://events.mtsac.edu/ccinvite/index.html>

Course Map and Video of the course: <http://events.mtsac.edu/ccinvite/oldsite/courseinteractive.htm>

What to bring: water/ Gatorade (MORE THAN ONE BOTTLE!), food, sunscreen, uniform, t-shirt, sweatshirt, money for food and a shirt. We will stop for dinner (usually In-N-Out) on the way home. Also, the shirts at the Mt Sac Invite usually have a very nice design and many athletes like to buy one. They will have short sleeve as well as long sleeve shirts that range from \$13 - \$20.

### AWARDS

All races, will have 15 individual medals for the top 15 individual finishers, 3 team plaques for top 3 teams and 7 medals for each top 3 team (except for the regular JV races)

Directions: Take 101 south to the 10 South exit Grand Ave. Go right looks like a neighborhood up over the hill. Turn left on Temple. Campus will be on your left, the stadium, track and cross country is on your right. You can turn left into the parking area or park on the street. Walk to the stadium through the tunnel. Our team camp is on the lower grass area near the finish line.

### Admission and Parking Prices.

Adults: 14 years and older \$8 (includes program) Children (5 -13 yrs): \$2

Seniors (60+): \$5 (includes program)

High School students with ID: \$5

Parking: \$5 General Parking; \$10 VIP Parking

Cash, check, credit card only for admission (cash only for parking). Sorry no ATM cards accepted. Sorry no league courtesy passes accepted. Bus drivers (in uniform with valid Bus Driver I.D.) and 2014-2015 CIF Courtesy Passes are valid for admission.

Sorry NO PETS allowed inside of the stadium/cross country course area.

**The Safety Gate will once again be used this year.**

Be aware of the cut off times listed below and do not bring those athletes who lack sufficient fitness to cover the course at or below our minimum standard. Please note that this event is an Invitational. When you enter your athlete, you are certifying to us that they are fit enough to meet our minimum standard for entrance and fit enough to run the Mt. SAC Cross Country Course. If, on meet day, an athlete is struggling, we reserve the right to remove that athlete from the course for their own safety and the safety of others.

SAFETY GATE MINIMUMS (approximately 1.5 miles)					
Boys	Cut Off Time	Projected Finish Time	Girls	Cut Off Time	Projected Finish Time
Varsity	12:30	25:00	Varsity	13:30	27:00
J.V.	13:00	26:00	J.V.	14:00	28:00
Soph	13:00	26:00	Soph	14:00	28:00
Fresh	13:00	26:00	Fresh	14:00	28:00

Results from 2014

Last	First	Race	1 mile	2 mile	3 mile	PL	2013	pl	2012	pl	2011
Meugniot	Michelle	9	6:46	15:40	23:45	16					
Tennison	Lauren	9	6:28	14:24	21:50	3					
Aguilera	Nathalia	9	6:42	15:05	22:56	12					
Martinez	Ellyanna	9	6:57	16:06	24:25	20					
Torrez	Alekz	9	7:17	17:14	26:30	37					
Fife	Grace	9	7:04	16:33	24:42	25					
Burns	Jalen	10	6:05	13:41	20:39	1	20:20	83			
Nieberding-Swanberg	Jolee	10	6:09	13:47	20:50	2	23:15	53			
Ozborn	Melanie	10	6:37	15:04	22:47	11					
Fife	Adelaide	10	6:37	15:07	22:52	13					
Lopez	Jessica	10	7:48	18:04	27:40	47					
Christenson	Lilly	10	7:35	17:28	26:22	37	24:33	91			
Bouchard	Emily	JV Open	7:43	17:25	26:11	51					
Christenson	Karli	JV Open	7:09	16:12	24:32	28	23:53	123			

Morales	Tati	JV Open	6:41		15:12		22:47	12	24:28	140			
Al-Saleh	Summer	Varsity			13:18		19:50	11			20:50		20:45
Cambell	Melanie	Varsity			13:40		20:20	24					
Ellberg	Sally	Varsity			13:36		20:39	27	20:10	70			
Marquez	Allie	Varsity			14:12		21:00	36			23:21		
Perez	Kenna	Varsity			13:25		19:46	14	19:36	44	19:59	44	20:16
Rajala	Anna	Stat							27:42	143			