

27th ANNUAL SEASIDE CROSS-COUNTRY INVITATIONAL

WHEN: FRIDAY, September 9, 2016, Starting time 2:00 PM

WHERE: San Buenaventura State Beach Park, Ventura, California

DIRECTIONS: Going north on 101 Frwy. Take Seaward exit, go west (left) on Seaward, turn right on Pierpont and take Pierpont to the entrance to the San Buenaventura State Beach. Going south on 101 Frwy. Take Seaward exit, go straight through the light at the end of the off ramp, off ramp goes straight into Monmouth, turn right on Pierpont to the entrance of the San Buenaventura State Beach.

STATE BEACH PARKING: Cars - \$12.00 Vans- \$35 Buses- \$50.00

ENTRY FEE: \$150.00 boys' team. \$150.00 girls' team. \$300.00 both boys and girls.
\$50.00 per race or \$10.00 per individual

Checks Payable to **Buena XC, Seaside Invitational**, teams can bring the check to the meet or mail it to c/o Michele Burns, Buena High School, 5670 Telegraph Rd, Ventura, Ca 93003

\$50 per bus entry into the State Beach (include drop off / pick up) – We are charged for every bus that enters the State Beach Park. Bus fees may be paid when you pick up your packets. Either include the parking fee with your entry fees or pay separately. In the event that you cannot pay the bus fee on race day a bill will be sent to your school.

Please have a paper with your school name on it and place this sign in the window of the bus to identify your school.

THERE IS TO BE NO DROPPING OFF OF ATHLETES AT THE ENTRANCE TO THE PARK. This creates an unsafe and illegal situation. **Drivers seen dropping off will be cited.** If you do not want to pay the parking fee, the bus maybe able to find parking in the Von's parking lot on Seaward Ave. approximately $\frac{3}{4}$ miles from the state park entrance.

TEAM / ATHLETE ENTRY: IF you have received a confirmation email then your team has been entered into the meet. Please send your roster of **all** your athletes via Team Manager / Hy- Tek. If you do not have Team Manager, then please use the attached excel file.

ROSTERS DUE by Tuesday September 6th, 5 pm, email to Terry Hearst,
thearst@roadrunner.com

AWARDS: Top 50 in each race will receive a Seaside Medal. Medals can be picked up after the results are posted at the awards table near the finish line. Plaques to the fastest Girl and Boy of the Day. Plaque to any athlete that sets a new grade level course record. Plaques to the TOP 5 overall Boys / Girls teams determined by team time (the 5 fastest times regardless of grade)

COURSE: It will begin and end inside the Ventura State Beach Park. It will be a flat three-mile course, mostly on the bike path next to the ocean

NEW RACE SCHEDULE: We are alternating races this year (Girls followed by Boys)

Girls' Freshman	2:00 PM
<i>Boys' Freshman</i>	<i>2:30 PM</i>
Girls' Sophomore	3:00 PM
<i>Boys' Sophomore</i>	<i>3:30 PM</i>
Girls' Junior	4:00 PM
<i>Boys' Junior</i>	<i>4:30 PM</i>
Girls' Senior	5:00 PM
<i>Boys' Senior</i>	<i>5:30 PM</i>

NEW Safety Gate at MILE 2: This year at the Seaside Invitational we will have a “safety gate” at the 2 Mile which will help ensure the safety of our runners while at the same time lesson the burden on our medical staff. Any runner who does not pass through the 2nd mile under 20 minutes must exit the course and will not be permitted to finish the race.

We also ask that each team have a coach, parent, team captain ... be at the finish line. Also the team rep at the finish line should know how to contact the head coach or another coach at the meet.

CHIP TIMING: This year we will be using chip timing. In your team packet (pick up at the timing tent) will be chips numbered and assigned to each athlete on your roster. Chips will be cut off in the finish chute. If an athlete leaves the chute before the chip is taken off or you have chips that are not used, they need to be returned to the chute area or timing tent before you leave the meet. **Teams that have missing chips will be charged \$10 per missing chip**

Starting Line: The State Park has requested that we do not have athletes line up on the portion of the starting line covering the bike path for an extended period of time. - **each team will be assigned a random starting spot marked by a numbered orange cone. Your starting spot will be in your packet.** If your team is in any way disrespectful to meet management they will be disqualified.

Teams with less than 5 athletes in a grade, they will be placed in a single file line with another smaller numbered team.

ATHLETE PREPARATION: Please be sure your athletes are prepared for this competition before allowing them to compete. Watch your athletes during the race for signs of heat related problems and pull them out should they show any signs of heat problems. It is imperative that your athletes properly hydrate before the race.

WATER: Although the Seaside course is considered “flat and fast” and is along the cool air of the beach, athletes still need to hydrate well. Please be sure to bring water for your teams.

DUNES: If anyone is going to walk/run down to the ocean, please use the marked paths! **STAY OFF THE DUNES!**

T-SHIRTS / CONCESSION STAND: There will be Seaside Invitational shirts with an awesome design for sale @ \$15. We will also have an extensive snack bar that will include: pizza, snack items, drinks, etc.

MEET DIRECTORS: Michele Burns and Aaron Torres **Email:** seasidexcinvite@gmail.com