

San Diego RoadRunners

CROSS COUNTRY MEET

**** SUNDAY, November 10th 2019 ****

Site of the 2019 USATF Cross Country Regional Championship Meet

MEET DIRECTOR: Jeanette Mena (760) 917- 8261

Email Address:

sdrrxc@gmail.com

MEET LOCATION:

Kit Carson Park
3333 Bear Valley Parkway
Escondido, CA 92027

COURSE WALK: 7:00 A.M

This is a generally flat loop, run on dirt/sidewalk trails, grass, and with one medium size roller coaster type of hills (**Spikes are not recommended**)

START TIME: 8:00 A.M.

ENTRY FEES: \$7.00 per athlete

Fees must be paid in cash, certified funds, or club check. Make team checks or money orders payable to "SDRR".

NO PERSONAL CHECKS.

Day of Meet Registration will open at 6:30 am

REGISTRATION: On-line at athletic.net

<https://www.athletic.net/CrossCountry/meet/161769/register>

Closes @ 7:00 AM Friday November 8th 2019

AGE DIVISIONS:

8 - Under (born 2011 and later) – 2k run 1.20 miles (**Boys & Girls might be combined**)

9 & 10 (born 2009-2010) – 3k run (1.8 miles)

11 & 12 (born 2007-2008) – 3k run (1.8 miles)

13 & 14 (born 2005-2006) – 4k run (2.4 miles)

15 & 16 (born 2003-2004) – 4k run (2.4 miles)

DIRECTIONS:

Coming from the North, take the (I-5) south and exit on highway 78 east. Merge onto CA-78 east toward Escondido, merge onto I-15 south toward San Diego (5 miles). Take the W Via Rancho Parkway exit, turn right onto W Via Rancho Parkway. W Via Rancho Parkway becomes Bear Valley Parkway. You will see soccer fields on your left, pass San Pasqual High School on your right, turn left onto Kit Carson Park Rd. pass Escondido Sport Center on your left, turn right look for the large “snake” near the rest rooms

Coming from the South, take (I-15) North exit W.VIA RANCHO PKWY turn right follow directions above from this point on

AWARDS:

Metals to 1th thru 8th place runners and participant ribbons to all
*** There will be a Concessions Stand for Refreshments and Food **

