

**Palomar Cross Country Invitational
Guajome Park
September 10, 2010 (Friday)**

- Entries: Online Entries Only at to www.directathletics.com
Due: TUESDAY, SEPTEMBER 7, 2010 AT 5:00 PM
Please include all possible entries
Email: jwilliams3@palomar.edu
Please note if the athlete is a freshmen or sophomore!
- Cost: \$75 per team. Make checks payable to Palomar Cross Country
- Time Women's race 3:00pm/Men's race at 3:45pm
- Packets: Pick up at table near starting line. Maps, bibs, pins will be in the packet.
- Course: Course is dirt and will be marked with cones and chalk. The course is 3.1 miles for females and 4.0 miles for men.
- Awards: Top 10 individual freshmen female and males.
Top 10 individual sophomore female and males. Top teams will be noted.
- Location: Guajome County Park, 3000 Guajome Lake Road, Oceanside, CA 92057
(<http://www.sdcounty.ca.gov/parks/camping/guajome.html>)
- Directions: **From Highway 78:** Take the College Street Exit and head north. (If you are coming from Palomar College you take this exit which immediately dead ends into Home Depot so go left and then at the bottom of the hill go right (north) on College. If you are coming from Oceanside take the College exit and go left under the overpass.) Go north on college for approx. 3.1 miles and then take a right (east) on Mesa Rd. Stay on Mesa until it dead ends into North Santa Fe. Guajome Park is right in front of you. Go right on North Santa Fe and then do a legal U-turn at Guajome Park Entrance.
From Highway 76: From Hwy 5 go East on 76. From Hwy 15 go West on the 76. Turn south on North Santa Fe, park is on left. Do a U-turn at the North Santa Fe park entrance.
- Parking: Park legally in the North Santa Fe park parking lot. DO NOT PARK PARALLELL ON THE OTHER SIDE OF NORTH SANTA FE AND RUN ACROSS THE ROAD CREATING AN UNSAFE SITUATION! BUSY STREET-BE CAREFUL! Always park legally-NEVER on grass or in camping spots.
- Important: *All coaches, athletes and spectators are to stay out of the campgrounds!*
- Questions: Jennifer Williams at 760 744-1150 or email at jwilliams3@palomar.edu
- NOTES: *Only enter athletes that are eligible! Course is always subject to change due to conditions.*

