

SBCC Cross Country Invitational

**Friday
October 15, 2010**

- One of the most scenic courses in California!!
- Race results promptly after each race!!
- Challenging terrain yet gentle on the body!!
- Over 30 volunteers make for a smooth event!!
- Moderate temperatures and gentle ocean breezes!!
- Custom artwork tee-shirt specifically for this event!!
- Great location for a team overnight trip!!



DETAILS

Times: Women 5K – 3:00 p.m.
Men 4 miles – 4:00 p.m.

Location: Leadbetter Beach / Shoreline Park, Santa Barbara, California

Course: Both courses feature portions of beach running, a lot of grass and short stretches of pavement.

Scoring: Top 5 score, next two displace for team scoring

Awards: Top 15 in each race receive tee-shirts with custom artwork

Entry Fees: \$75 per team per gender (\$150 total for men and women's teams)
\$10 for open athletes or for athletes on incomplete teams
Make Checks to: SBCC Cross Country



Contact Information:
Coach Scott Fickerson
spfickerson@sbcc.edu
805-965-0581 x2275

ENTRIES
www.directathletics.com
Due October 11th at 7:00 p.m