

So Cal Championships

Hosted by the

Pacific Coast Athletic Conference

Saturday, November 6, 2010

Registration: Register at Direct Athletics, www.directathletics.com. Registration deadline is Tuesday, November 2 at 12 noon.

Schedule: 12:00 noon Women's 5000 Meters
1:00 p.m. Men's 4 Mile

Fees: \$35 per team, per gender. Individual entries are \$7 per entry.

Send Checks to: San Diego Mesa Cross Country, 7250 Mesa College Drive, San Diego, CA 92111 or bring to meet. Make checks payable to: San Diego Mesa Cross Country

Awards: Awards will be presented to the top 15 individual finishers and the top three teams.

Course: East Mission Bay Park (Tecolote Shores), San Diego. The four mile course is made up of three loops, the 5000 meter course is made up of 2 ½ loops. The course is entirely on grass except for a few sidewalk crossings. Spikes are acceptable. The first half of the loop is generally flat and the second half has a series of small hills and sharper turns. Course map is available at: www.sdusatf.org or www.gocollegetrack.com

Directions: Interstate 5, exit Sea World Drive going west, make first right turn on East Mission Bay Drive. Parking is available in lot approximately 400 meters past the beginning of the park. This lot is 100 meters from the finish line and is near plenty of shade for team camps. Parking is also available along the street. Please do not park in the playground parking lot.

Qualifying Information: TEAMS: Each conference will be allowed one-half plus one, the number of teams in their conference to advance to the Southern California Regional. There will be a maximum of 28 teams running in the regional. At-large teams will be selected by a committee consisting of the Southern California Rules Committee chair and one representative from each of the conferences. INDIVIDUALS: There will be the same number of individuals qualifying to the Southern California Regional from each conference as there are teams that qualify from their conference, as long as those individuals finish in the top 50 percent of the field. No school can have more than four (4) individuals qualify. Each conference may send individuals not on a qualifying team to the CCCAA Cross Country Southern California Regional providing each finishes in the top 50 percent of all runners completing the conference championship race.

Trainers: Trainers will be available on-site and located just behind the finish line.

Team Packets: Team packets with race information will be located just behind the finish line.

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