

# **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:**  
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**ENTRIES**  
**www.directathletics.com**