



Orange Coast Cross Country Classic

September 19th, 2009

- Where: Fairview Park in Costa Mesa, California
- Race Times: **10:00 am – Women’s 5k** **11:00am – Men’s 4 mile**
- Entries and:
Entry Fees: **Entries must be made on directathletics.com**
\$75.00 per team. Men and Women teams are separate.
(\$150.00 for both teams). \$15.00 per individual if team less than 5.
All entries are due by 9/16/08 by 6pm.
No late entries accepted. Entry fees must be paid prior to race.
- 9am Open Race is \$15.00 per individual (**No** athletes on your **form 3** rosters may run in the race). Entry will include Pancake Breakfast. Sign-up at Finish line table before 8:30 am, if under 18 you must have parent sign release form.
- Course: The course is well marked. Maps are included in packet. It is the athlete’s responsibility to know the course. We will have a lead cyclist for all races.
- Awards: Presentation will follow men’s race. Approximately 11:45 am. Individual awards top 20 plus. Team awards top 3. Top fifteen men and women in open race will receive award immediately after race.
- Trainer: Will be located near finish line. Please provide your own tape.
- Race #'s: Each athlete will have a race number that is required to be worn on the front of the jersey. Use 4 safety pins, do not pin the tear-off portion of the athlete name and number.
- Finish Chute: Make sure your athletes are aware that they must stay in the finish chute. If they leave chute before we collect their label, they will be disqualified from the race.
- Results: Team scores and individual results will be posted as soon as possible. One copy of the results per school will be available to the Head Coach.
- Food / Drink: All race participants will receive a pancake breakfast at the conclusion of their race.
- Questions: Marco Ochoa (714) 432-5890 or mochoa@occ.cccd.edu