

USATF/Pacific Association YOUTH CROSS COUNTRY MEET

Hosted by

Pleasanton Heat

Held at

Shadow Cliffs Regional Park, 2500 Stanley Blvd., Pleasanton, CA

Sunday, November 5, 2006

Registration: 8:00 A.M. -- 9:00 A.M. Course Walk: 9:00 A.M.

Races Start at 10:00 A.M. SHARP!!!

Order of Races*	Year of Birth	Distance
Sub BANTAM Girls	Born after Jan. 1, 1998	2K
Sub BANTAM Boys	Born after Jan. 1, 1998	2K
BANTAM Girls	Born '96-'97	3K
BANTAM Boys	Born '96-'97	3K
MIDGET Girls	Born '94-'95	3K
MIDGET Boys	Born '94-'95	3K
YOUTH Girls	Born '92-'93	4K
YOUTH Boys	Born '92-'93	4K
Open	Born 1988 – 1991	5K

***Depending on the number of entrants per race; age groups and/or sexes may be combined in the same race.**

Awards: Awards to top ten finishers (top six sub-bantam, top five in Open Division) and ribbons to all other finishers presented after each race.

Race Entry Fee: \$6.00/athlete. Make checks payable to Pleasanton Heat. Please be prepared to pay an additional \$6 parking fee to Shadow Cliffs Regional Park (If you have an EBRPD Annual Permit there is no entrance fee.).

Instructions: Please have all athletes complete the ATHLETE'S RELEASE and have the releases available at registration. Teams must wear matching tops. The meet is to be governed by USATF Rule 240. Sub-Bantams may run in the Bantam races. Other competitors may only compete in their sex/age group. An athlete's year of birth shall determine the division in which they compete. Submission of falsified or altered documents will result in disqualification of the athlete, and if it involves two or more athletes from a club, the entire team will be disqualified. Protests concerning the status or eligibility of an entrant must be made to the meet coordinator and director.

Accommodations

Hotels: Hilton Pleasanton, 7050 Johnson Drive, Pleasanton (925) 463-8000 **Courtyard by Marriott**, 5059 Hopyard Road, Pleasanton (925) 463-1414 **Sheraton Four Points Hotel**, 5115 Hopyard Road, Pleasanton (925) 460-8800 **Best Western Monarch Hotel**, 6680 Regional St., Dublin (925) 828-7750

Tri-Valley Website (hotels, restaurants, etc.): <http://www.trivalleycvb.com/>

Meet Contact: Karen Potter Hm. (925) 484- 5446 Email: cpdelivery@earthlink.net

Directions to Shadow Cliffs:

Shadow Cliffs is located at 2500 Stanley Boulevard in Pleasanton, CA.

From Highway 580:

From I-580 in Pleasanton, take the Airway Boulevard exit and turn south, towards Pleasanton. Turn right on Kitty Hawk Road, which becomes Isabel Avenue. Turn left on Stanley Boulevard and proceed to the park entrance about 2.2 miles on the left. Be prepared to pay a \$6.00 parking fee.

Please **do not** take El Charro Blvd between 580 and Stanley as there is a gate across the road preventing access to Stanley Blvd.

From Highway 680:

Exit from 680 on Sunol Blvd. Take Sunol Blvd. to the right toward Pleasanton. After about a mile, Sunol Blvd. becomes First Street. After another mile First Street becomes Stanley Blvd. The park is on your right about 1 mile after passing through the stoplight at Valley Ave. Be prepared to pay a \$6.00 parking fee.

Link: <http://www.ebparcs.org/parks/shadow.htm>



