

The Santa Cruz Track Club
Proudly Hosts
a USATF Sanctioned Cross Country Meet
At
SOQUEL HIGH SCHOOL
October 17, 2010
9:00 am

This is a spectator friendly cross country course,
especially for the 2 - 3K races,
over well-maintained, wide trails in the Soquel hills
behind the high school.

Schedule:

8:00 am – 9:00 am Registration

9:00 am Course Walk

10:00 am First Race Starts

We will start with Sub Bantams (2 km) and will combine races
depending on the number of runners.

Awards to the top
finishers in each division.

Entry Fee: \$6.00

There is plenty of free parking in the lower parking lot,
and a short walk up to the track and field.

Soquel High School Cross Country Meet
Entry Form

Name _____

Team _____

Age Group (circle one)

Sub Bantam Bantam Midget Youth Open

Male ___ Female ___

Waiver:

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns, hereby waive and release from all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: Santa Cruz Track Club and Soquel High School. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross country race, that injuries often occur and that I assume all expense in case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

Athlete signature _____ Date _____

Parent Signature _____ Date _____

Directions to Soquel High School

Address: 401 Old San Jose Road, Soquel, Ca 95073

From San Jose:

Take 280 N toward SAN FRANCISCO
Merge onto CA-17 S toward SANTA CRUZ 26.8 mi
Merge onto CA-1 S via EXIT 1B toward WATSONVILLE/MONTEREY. 3.9 mi
Take the BAY AVE/PORTER ST exit, EXIT 437.
Turn LEFT onto BAY AVE/PORTER ST. Continue to follow PORTER ST.
PORTER ST becomes OLD SAN JOSE RD.
Soquel High School will be on the left.

From Oakland:

Take the 880 S for 41 miles and then
merge onto CA-17 S toward SANTA CRUZ 26.8 mi
Merge onto CA-1 S via EXIT 1B toward WATSONVILLE/MONTEREY. 3.9 mi
Take the BAY AVE/PORTER ST exit, EXIT 437.
Turn LEFT onto BAY AVE/PORTER ST. Continue to follow PORTER ST.
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From Walnut Creek/Antioch:

Take the 680 S towards San Jose
Take the MISSION BLVD WEST exit, EXIT 12, toward I-880/WARM SPRINGS DISTRICT
Merge onto MISSION BLVD/CA-262 W to get to
I-880 S toward SAN JOSE.
880S becomes CA-17 S toward SANTA CRUZ 26.8 mi
Merge onto CA-1 S via EXIT 1B toward WATSONVILLE/MONTEREY. 3.9 mi
Take the BAY AVE/PORTER ST exit, EXIT 437.
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From Sacramento:

Take I-5 S/CA-99 S toward I-80-BR. Take the I-80-BR W exit toward SAN FRANCISCO.
Merge onto US-50 W/CAPITAL CITY FWY. US-50 W/CAPITAL CITY FWY becomes I-80 W.
Merge onto I-680 S via EXIT 40 toward BENICIA/SAN JOSE.
Take the MISSION BLVD WEST exit, EXIT 12, toward I-880/WARM SPRINGS DISTRICT
Merge onto MISSION BLVD/CA-262 W to get to
I-880 S toward SAN JOSE.
880S becomes CA-17 S toward SANTA CRUZ 26.8 mi
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