

*Santa Cruz Track Club Proudly Hosts
An USATF Sanctioned Youth Cross Country Meet
At*

**SOQUEL HIGH SCHOOL
401 Old San Jose Rd., Soquel**

October 14, 2011

9:00 am

Schedule:

8:00 am – 9:00 am Registration

9:00 am Course Walk

10:00 am First Race Starts

The race order will be: Sub Bantams (2 km), Bantams (3K), Midgets (3K), and Youth and Open (4K). Boys and girls races will be combines, depending on the number of runners. This meet will be electronically timed.

Entry Fee: \$7.00

The 3k and 4 k courses include some challenging hills, which are rewarded with beautiful vistas of the Monterey Bay. The 2k course has more gentle inclines.

All courses are primarily dirt with some gravel paths and a small amount of pavement.

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

Meet contact: Javier Naranjo – (831) 295-4231

Youth XC Meet Age Divisions & Distances		
Age Division Name	XC Distance	Age Division Description
Sub-Bantams	2000m	Born 2004 or later;
Bantams	3000m	Born 2002 or 2003
Midgets	3000m	Born 2000 or 2001
Youth	4000m	Born 1998 or 1999

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

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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

Merge onto CA-1 S via EXIT 1B toward WATSONVILLE/MONTEREY. 3.9 mi

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