

Top Speed RUNNING

Super XC classic

@ Frank G. Bonelli Regional Park in San Dimas

"This is a beautiful looping cross country course that has everything: grass, dirt, trails, hills, and a wide grass start; however, the best part is spectators can see virtually the entire course from the start/finish line area."— Tim O'Rourke, LA84 Coaches' Education Coordinator, Footlocker Western Regional Elite Coordinator, MSAC XC Invitational Meet Director

Date: Saturday October 2, 2010

Location: Frank G. Bonelli Regional Park
120 Via Verde San Dimas, CA 91773 (phone: 909 599-8411)

Parking: \$10 per vehicle and \$30 per bus (cash only, please)

Cost: \$300.00 for FULL SCHOOL (boys and girls)
\$150.00 for all four grade levels (boys or girls)
\$45.00 per grade level or \$10.00 per individual

Awards: **Individual** – top 30 finishers in each race will receive medals, awarded at the finish chute)

Team – top 3 teams each race, based on the top 5 times per team.

Varsity – patches will be awarded to 1st place team members

Race Schedule:

8:00 AM	Freshman Boys	10:00 AM	Sophomore Boys
8:30 AM	Freshman Girls	10:30 AM	Sophomore Girls
9:00 AM	Varsity Boys	11:00 AM	JV Boy
9:30 AM	Varsity Girls	11:30 AM	JV Girls

Course: The course is a 1.5 mile loop; repeated. The terrain includes grass, trails, and dirt bike paths.

See video of the course on race site at www.dyestatcal.com

This is one of the best spectator courses around. You can stand or sit on a grass hill overlooking the course and see the runners eight times from start to finish! The starting line, one-mile mark, two-mile mark and the finish line are all located close together.

Refreshments: Snacks and drinks will be available at the concession stand.

T-shirts: Custom 100% cotton T-shirts will be on sale for \$15.00

Questions: Contact Bill Reeves, meet director, at (951) 440-5725 or by email to breeves@cvusd.k12.ca.us

Registration: Starts Monday September 1, 2010 (deadline is Friday September, 25th) on-line at www.finishedresults.com (problems, contact Chris Drescher cdrescher@valverde.edu or by phone at 951-334-8300)

Confirm your spot for the *Top Speed* Running Super XC Classic, by sending contact information (name, address, email, phone #) to Bill Reeves, meet director (breeves@cvusd.k12.ca.us)

Please send check (payable to South Hills Cross Country) to

Super XC Classic
645 S. Barranca Ave.
West Covina, CA 91723

Checks may be brought on race day; **no payment → no race**

Results: Race results will be available following the meet on www.dyestatcal.com