



**Palo Alto High School Presents
Stanford Cross Country Invitational
Saturday, September 25, 2010
Stanford University Golf Course**



**Entries must be completed online at EZMeets.com by September 19 @
12:00 Noon (Pacific Time)**

IMPORTANT: Please see the tentative schedule of events.

Tentative Schedule of Events

9:00AM	Varsity Boys	5K	Divisions 5
9:25AM	Varsity Girls	5K	Divisions 5
9:50AM	Varsity Boys	5K	Division 4
10:15AM	Varsity Girls	5K	Division 4
<i>10:50AM</i>	<i>College Race</i>	<i>8K</i>	<i>Men's</i>
<i>11:30AM</i>	<i>College Race</i>	<i>6K</i>	<i>Women's</i>
12:10PM	Varsity Boys	5K	Division 1
12:40PM	Varsity Girls	5K	Divisions 1
1:10PM	Varsity Boys	5K	Seeded
1:40PM	Varsity Girls	5K	Seeded
2:10PM	Varsity Boys	5K	Division 2
2:40PM	Varsity Girls	5K	Division 2
3:10PM	Varsity Boys	5K	Division 3
3:40PM	Varsity Girls	5K	Division 3



Dear Coach,

We are pleased to invite you to the 37th edition of the Palo Alto High School/Stanford University Cross Country Invitational to be held on Saturday, September 25, 2010. This meet will take place on the Stanford Golf Course.

We have listened to your feedback and have made some big improvements in order to offer a more exciting and athlete-friendly format. The Invitational will continue having races based on divisions, which will provide fair and consistent competitions. However, please note, due to changes to the Stanford Golf Course, races have been condensed. Therefore, it is imperative that you check the schedule carefully for race times and to ensure proper travel planning. For the 2010 Invitational, meet management has highlighted the two collegiate races within the high school races.

The Stanford Cross Country Invitational is a great event for your student-athletes to experience exciting team competition. It is our goal to provide a fair and challenging opportunity to all accepted competitors. With that said, please make sure to read all of the enclosed information carefully, pay particular attention to our entry deadlines at EZMeets.com. We will not accommodate any late entries. If you have any questions please email stanfordxinvite@gmail.com. We hope that you find these policies to be positive and in the best interest of the athletes.

We appreciate your support and wish you a great 2010 Cross Country season!

Thank you.

Sincerely,

Edrick Floreal

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The Franklin P. Johnson Director of Track and Field



Stanford Cross Country Invitational Meet Information

Out-of-State Teams

If your team is from outside of California, please inform meet management at StanfordxInvite@gmail.com before September 1, 2010. This is for sanctioning purposes.

Team Divisions

Divisions are based on the total number of sophomores, juniors and seniors at a school. California high schools compete in the division your school has been assigned to by your section. For out-of-state high schools, please use the approximations below in effort to give you an idea of the division your school is. However, please check with your principal or athletic director for your schools division.

- Division I – (2101 or more)
- Division II – (1651 to 2100)
- Division III – (1151to 1650)
- Division IV – (500 to 1150)
- Division V – (499 and fewer)

Teams WILL compete in their respective division. Please note, it is the responsibility of the high school coaching staff, *NOT MEET MANAGEMENT*, to enter your team correctly. If you want to be considered for the seeded races, indicate your interest when you register at EZMeets.com.

The Course

Please note that the 2010 course may be different then past years. A course map will be posted on www.gostanford.com by mid-September.

Please note: **THE COURSE WILL NOT BE OPEN FRIDAY, SEPTEMBER 24TH FOR A COURSE JOG. TEAMS WILL BE DISQUALIFIED FOR ANY VIOLATION OF THIS POLICY. FURTHERMORE, THE ENTIRE COURSE WILL BE CLOSED UNTIL 8:00AM ON SATURDAY, SEPTMEBER 25, 2010.** No one will be permitted on the course prior to 8:00AM, Saturday, September 25th. Please explain this policy to ALL of your athletes, coaches, parents, and supporters.

Please stay away from the stable and barn areas. Coaches please instruct your athletes to **NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEES, FOOTBALLS, BIKES OR PETS WILL BE ALLOWED ANYWHERE ON THE PREMISES.**

Field Size Policy

In order to safely manage the number of athletes, we will cap the field size in each race to a maximum of approximately 40 teams and/or 280 athletes. Teams will be chosen on a first registered, first accepted basis. The seeded race will include a maximum of 40 teams. Teams for the seeded races will be chosen based on rankings and results compiled from DyeStat and meet management.

For teams that QUALIFY for the seeded race, the following may apply:

If your high school team (5-7) athletes qualifies for the seeded race, meet management may allow for a second team (Maximum of 7 athletes) to run in your schools varsity division race – this is first registered, first accepted basis. Therefore, if your team qualifies for the seeded race and would like to run an additional team in the varsity race, please email stanfordxinvite@gmail.com.

How To Enter – www.EZMeets.com

1. Please go to www.EZMeets.com and request a password between August 2nd and September 17th by 10:00AM, Pacific time.
2. We will e-mail you a password within 24 hours.
3. Once you receive your password, please return to www.EZMeets.com and enter your athletes.
4. You must use your password and select your team to enter each race. **Remember to enter each gender separately.**
5. You can change your entries as often as you like until the **ENTRY DEADLINE on Sunday, September 19th at NOON Pacific Time.**
6. **We will NOT accept entries via telephone, fax or e-mail.**
7. All entries must be done through www.EZMeets.com by the published deadlines.
8. For each race, after you add or change entries, print your browser's entry web page. This is your only official receipt.
9. On meet day, bring the most recent copies of your official receipts to packet pick-up. This receipt must be dated **AFTER** your **LAST** entry before the deadline. We'll use your receipt to help resolved entry errors.
10. Visit www.gostanford.com for entry confirmation and updated information on September 22nd by 6:00PM Pacific time.

Entry Fees

- Incomplete Teams: Entry fees for a total of 1-4 athletes per fender: **\$20.00** per athlete.
- Complete Teams: Entry fees for a total of 5-7 runners: **\$80.00** per team per gender.
- Please make checks payable to *Palo Alto High School*.
- Entry fees must be received at STANFORD UNIVERSITY by **Tuesday, September 21, 2010.**

- Use Priority Mail so that you will have a receipt for having sent your entry fees. DO NOT use certified mail. Be prepared to pay on site, September 25th if your check was not received.
- Please send payments to: Meet Director
 - Stanford Cross Country Invitational
 - 641 East Campus Drive, Stanford, CA 94305-6150

COACHES PLEASE READ CAREFULLY

- **NO MORE THAN 7** may participate in a race. Any team violating this established practice will have all of their individuals removed from the results.
- A list of accepted entries will be posted to www.gostanford.com on September 22nd at 6:00PM Pacific Time. Please check www.gostanford.com for entry confirmation and any last minute information.

Chip and Bib Instructions:

1) ALL athletes **MUST** wear the corresponding Bib / Pull tag and shoe chip(s).

2) ALL athletes **MUST** wear the corresponding numbered “chip(s)”.

--Chips are numbered on the Black side. Make sure to match the correct numbers to the corresponding athlete numbers.

--Chips are to be tied into the shoe laces as shown.

Do NOT put the chip in your sock, on your ankle, or in your pocket, etc. Only wear as shown.

3) ALL chips **MUST** be returned and/or collected after each race at the finish line or the packet pick-up location.

4) **There is a \$25 charge for each chip not returned**

5) Turn in your roster sheet (with changes) **AND ALL UNUSED chips** before the start of your respective races.



ENTRY CHANGES

Before Entry Deadline:

- Before the entry deadline, update entries via www.EZMeets.com
- Whatever information is entered on www.EZMeets.com will appear on the entry list and results. Changes or corrections in spelling and/or year in school are the coach's responsibility.

After Entry Deadline:

- **Name in database change – spelling correction – change the year in school:** there will be a **\$5.00** charge for each change or correction, payable at Packet Pickup.
- The form must be turned in one hour before the scheduled race involved.
- **Note:** No additional BIB runners may be added. You must use only the BIB numbers that are in your packet

Packet Pick-Up

Team Packets will be available beginning at 7:30AM on race day at the Stanford Golf Course, located before the entrance into the #2 fairway. The packets will include meet information, final instructions, competition numbers, etc.

Scoring and Awards

1. Meet management will use Bob Rush Finish Systems for our computerized team scores.

2. If there is a problem with a specific race that cannot be corrected within the window of time before the start of the following race, then the results will be handled at the end of the day and will be posted online at www.gostanford.com on the cross country page. Results will also be posted on www.norcalstat.com.
3. For each Varsity and Seeded race, T-shirts will be presented to the top team, as well as the 2nd through 10th placing individuals. A special 1st prize award will be presented to individual champions in each race.

Additional Information

1. Trainers: Stanford Athletic Trainers will have a training area that will be open one hour before the start of the first race (8:00AM)
2. Showers: There are no dressing or shower facilities at the Stanford golf course. Meet management encourages all teams to make use of the facilities available at their hotel.
3. Parking: Please refer to the enclosed map for directions to the course and parking lot. Since teams will be arriving and departing throughout the day, *please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.*
4. Admission: Spectators may purchase admission tickets for **\$7.00** on the day of the meet only at the course.
5. Programs will be available the day of meet only at the course for **\$3.00** each.
6. Concessions will be available the day of the meet.

IMPORTANT SUMMARY FOR COACHES TO REMEMBER THE FOLLOWING!

- The course will be closed until 8:00AM on Saturday morning and will NOT be open on Friday. Teams will be DISQUALIFIED for violation of this policy.
- Entries must be COMPLETED ONLINE by September 19, 2010 at 12:00 NOON Pacific Time.
- All teams will be selected on a First Registered, First Accepted basis.
- Running more than 7 runners in any race will mean disqualification of ALL teams and removal of ALL runners.
- Visit www.gostanford.com for course maps in mid-September.
- Visit www.gostanford.com for entry confirmation and updated information on September 22nd.

Any Questions?

For information concerning the course and the time schedule, please e-mail Joe Ginanni of Palo Alto High School, jginanni@pausd.org. If you have specific questions concerning entries ONLY, please contact the Stanford Track & Field/Cross Country Office by e-mail at: StanfordXInvite@gmail.com.

Future Date for Track & Field 2010 and Cross Country 2011

**Stanford Track & Field Invitational
Friday March 25 & Saturday March 26, 2011**

The 39th Annual Stanford Track and Field Invitational co-hosted by Palo Alto High School will be on Friday, March 25th and Saturday, March 26th, 2011. Our beautiful nine lane track, dual direction runways, and multiple throwing circles produce great results. The schedule is thoughtfully constructed to provide the best opportunity for performance. Be a part of the action!

**Stanford Cross Country Invitational
Saturday, September 24, 2011**

The 38th edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 24, 2011. Once again, the serene Stanford Golf Course will serve as the setting for 14 exciting races of high school and college competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 4000 runners will have completed the home course of the Cardinal men's and women's cross country teams, making the Stanford Cross Country Invitational one of the largest cross country events in the United States.