

Sierra Inv 2023

For the 2023 Sierra Invitational, we will once again go with the **8-race, grade-specific division format**. We will not be having varsity, JV, etc. But **all runners will race the exact same 2-mile course** so coaches can do early season comparisons of their athletes.

- Athlete registration must be done on Mile Split
- Athlete **registration is due by midnight, Monday, August 14.**
- Race course will be clearly marked with course monitors at key points; the course loops around to the main area several times for **easy spectator viewing**.
- The course is **entirely natural terrain**, meaning dirt trails with possible rocks, sticks, roots and/or other tripping hazards. Although we always do our best to prepare the course, runners should be aware that this course is true cross country.
- Natural area... habitat for rattlesnakes and poison oak. Runners, coaches, and spectators should avoid areas off the well-defined trails.
- Chip timing
- **Free parking** - nearby for a short walk to the main area
- Restrooms will be open on campus (short walk from main area), as well as portapotties.
- There will be a trainer on duty
- **Medals to Top 10 Finishers** of each race
- T-Shirt vendor (Northwest Designs)
- Smoothie truck (Smoothie Patrol)
- **BBQ Tri-Tip Sandwiches - Meal voucher included for each head coach :-)**
- Meet host: Whitney High School
- Cost: **\$200 per school, or \$10 per athlete**

- *Make checks payable to: Whitney Cross Country*









Please feel free to email me directly if you have any questions or concerns:

Whitney HS Head Coach Jerry Dodge coachjdodge@gmail.com

Thank you for considering our meet as we partner with Jim Howard and the Sierra College XC Program.

We hope to provide a positive experience to kick off the 2023 season.

Schedule:

8:00 AM	 2 Miles Freshman	Entrie
8:25 AM	 2 Miles Freshman	Entrie
8:50 AM	 2 Miles Sophomore	Entrie
9:15 AM	 2 Miles Sophomore	Entrie
9:40 AM	 2 Miles Junior	Entrie
10:05	 2 Miles Junior	Entrie
10:30	 2 Miles Senior	Entrie
10:55	 2 Miles Senior	Entrie

Link to Course map Video:

