

2009 Bella Vista Bronco Cross Country Invitational – Entry and Meet Information

Date: Saturday, October 17, 2009

Location: Willow Hill Reservoir Cross Country Course at Folsom High School
1655 Iron Point Road
Folsom, CA 95630

Directions to Folsom High School Campus - Willow Hill Reservoir Cross Country Course: The Folsom High School Campus is located approximately 23 miles northeast of Sacramento. Take US Highway 50 east from Sacramento and exit on Prairie City Road (PCR). Go north (turn left) on to Prairie City Road and proceed approximately 0.7 miles to Iron Point Road (IPR) and turn right. The main entrance to the Folsom High School Campus and the student parking lots are approximately 0.2 miles from the PCR-IPR intersection. A detailed map to the Folsom High School Campus and the location of athlete/spectator parking is available on our website at <http://www.bvtrack.com/>.

Folsom High School Parking: Parking is available in the student parking lots on the Folsom High School Campus and adjacent to the cross country course. For a detailed map, see our website at <http://www.bvtrack.com/>.

Folsom High School Facilities: No lockers or showers will be available, so have your athletes come dressed to compete. Restroom facilities will be available adjacent to the “cross country course” in the Folsom High School campus.

Willow Hill Reservoir Cross Country Course: The course is composed entirely of semi-hard packed dirt trails and gravel roads. The junior high school 2,800 meter (M) (1.75 miles) and freshman girls and boys and sophomore girls and boys 3,380 M (2.10 miles) courses are rolling with one (1) challenging hill, while the 4,280 M (2.64 miles) and 4,890 M (3.04 miles) courses contain two (2) and four (4) challenging hills, respectively. No cross country spikes will be allowed, only cross country racing flats. Detailed course maps will be available on the day of the meet at the “Team Check-In Area” adjacent to the “Finish Line Area”. Course maps are also available on our website at <http://www.bvtrack.com/>.

Check-In Time and Location: Pick up your team packets at the “Team Check-In Area” adjacent to the “Finish Line Area” starting at 7:00 AM on race day.

Course Walk Through: The course will available for “walk-throughs” until 8:20 AM on race day – ten minutes prior to the start of the first race.

Meet Schedule: We will adhere to this schedule – no race will begin before the specified starting time.

Race No.	Race	Distance (miles)	Check-In at Starting Line	Starting Time	Athlete Limit
01	Jr. High School Boys	1.75	8:20 AM	8:30 AM	None
02	Jr. High School Girls	1.75	8:23 AM	8:33 AM	None
03	Freshman Boys – Small	2.10	8:50 AM	9:00 AM	12
04	Freshman Girls - Large	2.10	8:53 AM	9:03 AM	12
05	Freshman Boys - Large	2.10	9:20 AM	9:30 AM	12
06	Freshman Girls - Small	2.10	9:23 AM	9:33 AM	12
07	Sophomore Boys – Small	2.10	9:50 AM	10:00 AM	12
08	Sophomore Girls – Large	2.10	9:53 AM	10:03 AM	12
09	Sophomore Boys – Large	2.10	10:20 AM	10:30 AM	12
10	Sophomore Girls – Small	2.10	10:23 AM	10:33 AM	12
11	Varsity Boys – Small	3.04	10:50 AM	11:00 AM	10
12	Varsity Girls – Large	3.04	10:54 AM	11:04 AM	10
13	Varsity Boys – Large	3.04	11:35 AM	11:45 AM	10
14	Varsity Girls - Small	3.04	11:39 AM	11:49 AM	10
15	Junior Varsity Boys	2.64	12:20 PM	12:30 PM	None
16	Junior Varsity Girls	2.64	12:25 PM	12:35 PM	None

Race Classifications: Junior varsity high school teams should be composed of those freshman, sophomore, junior, or senior athletes who do not qualify as part of your “top five” varsity team members. **If you are not intending on having your “top**

five' varsity compete in the meet due to scheduling conflicts, please contact Steve Fagundes at bxcountry@sbcglobal.net or (916) 987-4786 (IRUN) by Thursday, October 15th in order to receive a special dispensation to run a junior varsity with no varsity team competing.

Awards: Individual awards (medals) will be distributed to the "top finishers" as they exit the finish chute. Team awards will be presented approximately 30 minutes after the completion of the final race. Note that there are only one set of "combined" awards in the junior varsity girls and junior varsity boys classifications.

Race Classification	Individual Medals		Team Medals (Seven Members)		Team Trophy		Team Plaque	
	Division		Division		Division		Division	
	Small	Large	Small	Large	Small	Large	Small	Large
Jr.High School Girls	1 st – 10 th (6 th / 7 th com)		1 st – 2 nd		1 st		2 nd	
Jr.High School Girls	1 st – 10 th (8 th)							
Jr. High School Boys	1 st – 10 th (6 th / 7 th com)		1 st – 2 nd		1 st		2 nd	
Jr. High School Boys	1 st – 10 th (8 th)							
Freshman Girls	1 st –10 th	1 st – 10 th	1 st	1 st	1 st	1 st	NA	NA
Freshman Boys	1 st – 10 th	1 st – 18 th	1 st	1 st – 2 nd	1 st	1 st	NA	2 nd
Sophomore Girls	1 st – 10 th	1 st – 18 th	1 st – 2 nd	1 st – 3 rd	1 st	1 st	2 nd	2 nd – 3 rd
Sophomore Boys	1 st – 10 th	1 st – 18 th	1 st – 2 nd	1 st – 3 rd	1 st	1 st	2 nd	2 nd – 3 rd
Varsity Girls	1 st – 15 th	1 st – 27 th	1 st – 4 th	1 st – 6 th	1 st	1 st	2 nd – 4 th	2 nd – 6 th
Varsity Boys	1 st – 15 th	1 st – 27 th	1 st – 4 th	1 st – 6 th	1 st	1 st	2 nd – 4 th	2 nd – 6 th
Jr. Varsity Girls/Boys	1 st – 10 th		1 st		1 st		None	

Entry Information: Please send or FAX the "Notice of Intent to Enter Form" or submit the same information by e-mailing Steve Fagundes at bxcountry@sbcglobal.net as soon as possible, but it must be received no later than **Friday, October 02, 2009**. We need to have the information for athlete participation from your school to make sure that each race is of a manageable size due to start-finish line constraints. Once we have received your information, your school's athletes can be entered into the meet at www.athletic.net. Instructions for entering athletes are available at our website. Please note that once you have submitted the "Notice of Intent to Enter Form", your school is responsible for the minimum school participation fee (whether your school participates or not).

Entry Fees: The following entry fees will be charged:

Item	Fee Schedule (\$)	
	High School	Junior High School
Per Individual Athlete	10.00	8.00
Per Team	50.00	40.00
Minimum per School	20.00	10.00
Maximum per School	160.00	80.00

Make checks payable to Bella Vista Track/Cross Country Club. All entry fees are due by **Wednesday, October 14, 2009**. Please send checks to:

Rita Fagundes
c/o Bella Vista High School
8301 Madison Avenue
Fair Oaks, CA 95628

If necessary, school checks, personal checks, and/or cash are acceptable for entry fee payment on the day of the meet.

T-Shirts and Refreshments: Meet T-shirts and refreshments (e.g., doughnuts, coffee, juice, and soda) will be available at the meet for a nominal fee.

If you need any further information contact Rita or Steve Fagundes at (916) 987-4786 (IRUN) or email at - bxcountry@sbcglobal.net or Dave Unterholzner at (916) 971-5032 or email at - daveu@surewest.net.

!! Thanks for Your Interest in the 2009 Bella Vista Bronco Cross Country Invitational !!