

2010 Bella Vista Bronco Cross Country Invitational – Entry and Meet Information

Date: Saturday, October 16, 2010

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

Directions to Folsom High School Campus - Willow Hills 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 Creek Cross Country Course: The course is composed entirely of semi-hard packed dirt trails and gravel roads. The junior high school 1.75 miles and freshman girls and boys and sophomore girls and boys 2.11 miles courses are rolling with one (1) challenging hill, while the 3.11 miles course contains four (4) challenging hills. 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 be 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	Middle School Boys	1.75	8:20 AM	8:30 AM	None
02	Middle School Girls	1.75	8:23 AM	8:33 AM	None
03	Freshman Boys – Small	2.11	8:50 AM	9:00 AM	12
04	Freshman Girls - Large	2.11	8:53 AM	9:03 AM	12
05	Freshman Boys - Large	2.11	9:20 AM	9:30 AM	12
06	Freshman Girls - Small	2.11	9:23 AM	9:33 AM	12
07	Sophomore Boys – Small	2.11	9:50 AM	10:00 AM	12
08	Sophomore Girls – Large	2.11	9:53 AM	10:03 AM	12
09	Sophomore Boys – Large	2.11	10:20 AM	10:30 AM	12
10	Sophomore Girls – Small	2.11	10:23 AM	10:33 AM	12
11	Varsity Boys – Small	3.11	10:50 AM	11:00 AM	10
12	Varsity Girls – Large	3.11	10:54 AM	11:04 AM	10
13	Varsity Boys – Large	3.11	11:35 AM	11:45 AM	10
14	Varsity Girls - Small	3.11	11:39 AM	11:49 AM	10
15	Junior Varsity Boys	3.11	12:20 PM	12:30 PM	None
16	Junior Varsity Girls	3.11	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.

Awards: Individual awards (medals) will be distributed to the “top finishers” as they exit the finish chute. 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 Plaque		Team Plaque	
	Division		Division		Division	
	Small	Large	Small	Large	Small	Large
Jr.High School Girls	1 st – 10 th (6 th / 7 th com)		1 st		None	
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		None	
Jr. High School Boys	1 st – 10 th (8 th)					
Freshman Girls	1 st – 10 th	1 st – 10 th	1 st	1 st	None	None
Freshman Boys	1 st – 10 th	1 st – 20 th	1 st	1 st	None	None
Sophomore Girls	1 st – 10 th	1 st – 15 th	1 st	1 st	2 nd	2 nd
Sophomore Boys	1 st – 15 th	1 st – 20 th	1 st	1 st	2 nd	2 nd
Varsity Girls	1 st – 20 th	1 st – 30 th	1 st	1 st	2 nd – 3 rd	2 nd – 3 rd
Varsity Boys	1 st – 25 th	1 st – 30 th	1 st	1 st	2 nd – 3 rd	2 nd – 3 rd
Jr. Varsity Girls/Boys	1 st – 10 th		None		None	

Entry Information: Please send or FAX the “Notice of Intent to Enter Form” or submit the same information by e-mailing Brett Sargent at bvxc09@yahoo.com as soon as possible, but it must be received no later than **Friday, October 01, 2010**. 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 High School. All entry fees are due by **Wednesday, October 13, 2010**. Please send checks to:

Brett Sargent
 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 Brett Sargent at (916) 275-1887 or email at - bvxc09@yahoo.com or Dave Unterholzner at (916) 971-5032 or email at - daveu@surewest.net.

!! Thanks for Your Interest in the 2010 Bella Vista Bronco Cross Country Invitational !!