

**2009 - 36th ANNUAL**  
**SOUTH BAY CROSS COUNTRY INVITATIONAL**

- DATE:** Friday, September 25, 2009
- PLACE:** Rohr Park, Sweetwater Road, Chula Vista 92012
- COURSE:** BOYS - 5,000 meters (3.1)  
GIRLS - 4025 meters (2.5)
- TIME** 3:30 pm - Junior Varsity Girls  
4:10 pm - Frosh/Soph Boys  
4:40pm - Varsity Girls  
5:10pm - Varsity Boys  
5:40pm - Junior Varsity Boys
- DIVISIONS:** The 2009 South Bay Invite will only have 1 division.
- FEES:** Varsity.....\$30.00 per team  
Junior Varsity.....\$30.00 per team  
Frosh-Soph.....\$30.00 per team  
Individuals.....\$6.00 each (fewer than 5 runners from team)

Checks should be made payable to SWEETWATER CROSS COUNTRY and sent to:

Tim Latham  
Sweetwater High School  
2900 Highland Avenue  
National City, CA 91950

- AWARDS:**
- Varsity Races: Team trophies to 1st-2nd-3rd place teams.(Boys And Girls)  
Medals to top 7 runners on 1st-2nd-3rd place teams.  
Medals to first 35 individual runners.
- Jr. Varsity Races: Team trophy to 1st-2nd place teams. (Boys And Girls)  
Medals to top 7 runners on 1st-2nd place teams.  
Medals to first 35 individual runners.
- Frosh-Soph Boys Race: Team trophies to 1st-2nd-3rd place teams. (Boy Only)  
Medals to top 7 runners on the 1st-2nd-3rd place teams.  
Medals to first 35 runners.

**Computerized results will be posted during the meet and up on the web the night of the meet. You will need to enter a roster at <athletic.net> of all possible athletes at least one week before the meet.**

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**SOUTHBAY CROSS COUNTRY INVITATIONAL**

**SCHOOL:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**FEES:**

	<b>TEAM (CHECK)</b>	<b>INDIVIDUALS (# ENTERED)</b>		
<b>BOYS VARSITY</b>	<b>\$30.00</b>		_____	_____
<b>GIRLS VARSITY</b>	<b>\$30.00</b>		_____	_____
<b>BOYS JR. VARSITY</b>	<b>\$30.00</b>		_____	_____
<b>GIRLS JR. VARSITY</b>	<b>\$30.00</b>		_____	_____
<b>BOYS FROSH-SOPH</b>	<b>\$30.00</b>		_____	_____

**TOTAL ENTRY FEE:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:** **SWEETWATER CROSS COUNTRY**

**SEND TO:** TIM LATHAM  
SWEETWATER HIGH SCHOOL  
2900 HIGHLAND AVENUE  
NATIONAL CITY, CA 92050

**COACHES HOME PHONE:** \_\_\_\_\_

**E -MAIL:** \_\_\_\_\_

**FAX:** \_\_\_\_\_

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