

SBCC Cross Country

Invite

Friday, October 16, 2009

- Times:** Women 5K – 3:30 p.m.
Men 4 miles – 4:00 p.m.
- Location:** Leadbetter Beach / Shoreline Park, Santa Barbara, California
- Course:** Men and women run near identical courses starting on the beach and finishing in the park. Course features approximately 1600m of beach running.
- Scoring:** Top 5 score, next two displace for team scoring
- Awards:** Top 15 in each race receive tee-shirts
- Entry Fees:** \$75 per team per gender (\$150 total for men and women's teams)
\$10 for open athletes or for athletes on incomplete teams
Coaches race for free!
Make Checks to: SBCC Cross Country
- Entries:** Only through Direct Athletics (www.directathletics.com)
Deadline: 5:00 p.m. Monday, October 12, 2009
- Directions:** *From the South on 101 – Exit at Bath St. Turn left onto Haley St. Turn left onto Castillo St. Go under the overpass and to Cabrillo Blvd. Turn Right at Cabrillo Blvd. Name changes to Shoreline Dr. At Loma Alta Drive turn right and then left again into parking lot #3. Free for school vehicles.
(Finish line and check-in are up the hill at Shoreline Park. Start is below the cliff on the beach)
*From the North on 101 – Exit at Castillo Street and turn right. Follow directions above to Cabrillo Blvd.

Contact Information:
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