

Mt. Carmel/Movin Shoes XC Invite

San Diego, California

MEET DAY INFORMATION SHEET

PAYMENT OF FEES

We ask that all coaches pay their fees before competing. We will accept payments at check in and be able to give receipts. Please have your entry fee attached to the entry fee form.

CHIPS AND BIB NUMBERS AND RUNNERS

At the check in area (canopy located next to the concession stands) you will be directed to a table area to receive your chips and numbers. This area is also where you will be asked to return your chips after the races.

AWARDS

Individual awards will be handed out in the chute as the runners go through. Each race will award 60 medals.

- 1st place - Gift Certificate for Asics shoes, Medal
- 2nd thru 60th - Medal
- Each team champion will receive Asics Sack Packs to be picked up at the Movin Shoes booth.

AGAIN, ALL AWARDS WILL BE GIVEN OUT IN THE CHUTE.

A TIME SCHEDULE IS INCLUDED IN THIS PACKET

We intend to start all races on time. Be sure to have your runners on the line 10 minutes prior to race start so that the clerk of the course can check them in.

T-SHIRTS

A limited amount of special meet shirts will be on sale for \$17.00

WARMING UP ON THE COURSE

Please have your athletes be careful of races in progress while warming up on the course.

