



*14th Annual
University of San Francisco Cross Country Invitational*

- DATE: Saturday, September 2, 2006
- TIME: 9:15 AM College/Open Women- 5K
10:00 AM College/Open Men- 8K
- SITE: Golden Gate Park- San Francisco, California
Speedway Meadow (south of 30th Ave and John F. Kennedy Drive)
Parking is available along John F. Kennedy Drive adjacent to start and finish area.
- COURSE: The course is composed primarily of grass and dirt trails with gradual uphills and downhills.
- PREVIEW: The course will be marked and open for preview on Friday, September 1, 2006 beginning at 1:00pm.
- SCORING: The first five finishers per school will score; the next two will displace. Runners on incomplete teams will not count toward team scoring. Unlimited entries per school are permitted, but only one team per school will be scored.
- TRAINER: A trainer will be present on Saturday, September 2, starting at 7:30AM.
- RESULTS: Individual times and team scores will be posted. Results will be available 30 minutes after each race. Results will also be posted at usfdons.com.
- AWARDS: Awards will be presented to the top ten individual finishers.
- ENTRY FEE: \$100.00 per team (unlimited entries)
\$175.00 for both men and women (unlimited entries)
\$15.00 per individual (open and collegiate)
- DEADLINE: Entry forms must be **received** by Monday, August 28, 2006. Email entries or send attached form to:
San Francisco Cross Country
2130 Fulton St, San Francisco, CA 94117-1080
cengel@usfca.edu
Entries will be posted on usfdons.com by Thursday, August 31, 2006.
- QUESTIONS: Helen Lehman-Winters at 415-422-6026 or hlehmanwinters@usfca.edu
Christine Engel at 415-422-2026 or cengel@usfca.edu



14th ANNUAL
UNIVERSITY OF SAN FRANCISCO
CROSS COUNTRY INVITATIONAL

Saturday 2, September, 2006

School _____
Coach _____ Email _____
School phone _____ Home phone _____

ENTRY LIST (please type or print clearly) DEADLINE: Monday, August 28, 2006

College/Open Women's 5K		College/Open Men's 8K	
Name	Year	Name	Year
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
3. _____	_____	3. _____	_____
4. _____	_____	4. _____	_____
5. _____	_____	5. _____	_____
6. _____	_____	6. _____	_____
7. _____	_____	7. _____	_____
8. _____	_____	8. _____	_____
9. _____	_____	9. _____	_____
10. _____	_____	10. _____	_____
11. _____	_____	11. _____	_____
12. _____	_____	12. _____	_____
13. _____	_____	13. _____	_____
14. _____	_____	14. _____	_____
15. _____	_____	15. _____	_____

Entry Fee: Men or Women \$100 _____ Men & Women \$175 _____
Individual \$15.00 _____ Total Entry Fee Enclosed _____
Please make checks payable to San Francisco Athletics.

Mail or email to: Christine Engel
San Francisco Cross Country Invitational
2130 Fulton St.
San Francisco, CA 94117-1080
cengel@usfca.edu