



*16th Annual  
University of San Francisco Cross Country Invitational*

- DATE: Saturday, August 30, 2008
- 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 30<sup>th</sup> 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 uphill and downhill.
- PREVIEW: The course will be open for preview on Friday, August 29, 2008, from 2:00-5:00PM.
- 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, August 30, starting at 7:30AM.
- RESULTS: Individual times and team scores will be available after each race. Results will also be posted online at [www.usfdons.com](http://www.usfdons.com).
- AWARDS: Awards will be presented to the top ten individual finishers.
- ENTRY \$125.00 per team (unlimited entries)  
FEE: \$250.00 for both men and women (unlimited entries)  
\$20.00 per individual (open and collegiate) *Entry fee nonrefundable.*
- DEADLINE: Entries must be **received** by Monday, August 25, 2009. Email entries to: [trackcoach@usfca.edu](mailto:trackcoach@usfca.edu). . Please list full name and year of each entered athlete.  
*Entries will be posted on usfdons.com by Thursday, August 29, 2008.*
- QUESTIONS:

Contact Helen Lehman-Winters at 415-422-6026  
[hlehmanwinters@usfca.edu](mailto:hlehmanwinters@usfca.edu)

