

Palo Alto High School Presents



Saturday, September 29, 2007
Stanford University Golf Course

New Schedule



New Schedule

9:00 AM	J.V. Boys	Divisions 3, 4, 5
9:21 AM	J.V. Girls	Divisions 3, 4, 5
9:46 AM	Varsity Boys	Division 5
10:10 AM	Varsity Girls	Division 5
10:40 AM	Varsity Boys	Division 4
11:05 AM	Varsity Girls	Division 4
11:34 AM	Varsity Boys	Division 3
11:58 AM	Varsity Girls	Division 3
12:30 PM	J.V. Boys	Division 2
12:48 PM	J.V. Boys	Division 1
1:06 PM	J.V. Girls	Divisions 1 & 2
1:26 PM	Varsity Boys	Division 2
1:51 PM	Varsity Girls	Division 2
2:24 PM	Varsity Boys	Division 1
2:49 PM	Varsity Girls	Division 1
3:21 PM	Varsity Boys	Seeded
3:44 PM	Varsity Girls	Seeded
4:15 PM	College Races Begin	

ENTRIES MUST BE COMPLETED ONLINE AT EZMEETS.COM
BY SEPTEMBER 23 @ 12:00 NOON PST



Stanford
CROSS COUNTRY
INVITATIONAL

Dear Coach,

On behalf of Paul Jones of Palo Alto High School, we are pleased to invite you to the 34th edition of the Palo Alto High School/Stanford University Cross Country Invitational to be held on Saturday, September 29, 2007. This meet will offer you and your team exciting competition on the Stanford Golf Course. **Please check the schedule carefully for race times.**

It is our goal to provide a fair and challenging opportunity to all accepted competitors. Therefore be aware of the following:

1. **Entry deadline is Sunday, September 23 at 12:00 PM, PST. We cannot accommodate late entries. We will cap the field size in each race to a maximum of 280 athletes. If any division reaches or exceeds this saturation point, meet management reserves the right to divide the division into two races - a seeded and unseeded race. The seeded race will include a maximum of 25 teams. Team results will be combined for divisions that are split into two races. Individual results will be provided for each race.**
2. Due to golf course construction, course maps will be posted September 22.
3. Separate junior varsity races have been created to balance the size of the fields in these competitions. In order to fit these races into our already limited time schedule, junior varsity races will run a 3000 meter course. Furthermore, schools will *not* be allowed to enter multiple junior varsity teams. We believe this policy will best provide the safest and most manageable competition for everyone.
4. As you know, the state of California has 5 divisions for high schools. The Stanford Cross Country Invitational will comply with those divisions. Please check directly with your local section of C.I.F. and athletic director or school principal.
5. For each junior varsity race, we will present plaques to the top team and t-shirts to the first ten individuals. For each varsity race, we will present plaques to the top three teams, a special first place award to the individual winner, and t-shirts for 2nd-15th place. *Additionally, members of the winning team in each varsity race will receive an award recognizing their victory.*

We hope that you will find these policies to be positive and in the best interest of the athletes. The enclosed information packet will provide the details for this year's Invitational. Please read the packet completely and follow all instructions.

Sincerely,

Edrick Floreal



Franklin P. Johnson Director of Track and Field



Palo Alto High School/Stanford University Cross Country Invitational

Saturday, September 29, 2007

SCHEDULE OF EVENTS

9:00 AM	J.V. Boys	Divisions 3, 4, 5
9:21 AM	J.V. Girls	Divisions 3, 4, 5
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3:21 PM	Varsity Boys	Seeded Race
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4:15 PM	College Races Begin	

J.V. TEAMS will race 3000 Meters
VARSITY TEAMS will race 5000 meters

Out-Of-State Teams

If your team is from outside of California, please inform us at

StanfordXInvite@gmail.com

before September 1. This is for sanctioning purposes.

TEAM DIVISIONS

Divisions are based on the total number of sophomores, juniors and seniors at a school. These are approximations. **Check with your principal or athletic director for your schools division.**

Division 1 (1400 or more)	Division 4 (350 - 899)
Division 2 (1100 - 1399)	Division 5 (1 - 349)
Division 3 (900 - 1099)	

If space is available, teams may run in larger enrollment divisions, but may not compete in lower ones. Note that it is the responsibility of the high school coaching staff, *not the meet management*, to enter your team correctly. If you want to be considered for the seeded races, indicate your interest when you register at EZMeets.com.

THE COURSE

THE ENTIRE COURSE WILL BE CLOSED UNTIL 8:00am on SATURDAY.

No one will be permitted on the course prior to that. Please explain this policy to all of your athletes, coaches and parents. **The course will NOT BE OPEN FRIDAY for a course jog. Teams will be disqualified for ANY violation of this policy.**

The start and finish lines are located on the #2 fairway of the Stanford Golf Course. The starting line will allow 2 runners on the front line. Please warm-up in the #2 fairway area. Do not run on the exact course because there will be many races going on during the warm-up time. Important announcements will be made in the #2 Tee area.

Please stay away from the stable and barn areas. **Coaches, please instruct your athletes to NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEEES, FOOTBALLS, OR PETS will be allowed anywhere.**

FIELD SIZE POLICY

In order to safely manage the number of athletes, we will cap the field size in each race to a maximum of 280 athletes. If any division reaches or exceeds this limit, meet management reserves the right to divide the division into two races, such as the D1 & 2 JV Boys. The seeded race will include a maximum of 25 teams. Teams for each race will be chosen based on rankings and results compiled from Dyestat and meet management. Team results will be combined for divisions that are split into two races. Individual results will be provided for each race. Due to field sizes all athletes **MUST** wear the hip numbers provided.

HOW TO ENTER - 3 EASY STEPS

1. Go to EZMeets.com and **request a password** between August 3 and September 22. You will receive a password within 24 hours.
2. Once you receive your password go back to EZMeets.com and enter your athletes. **Remember to enter each gender separately.** You can make changes as frequently as you want until the **DEADLINE, Sunday, September 23 at noon PST.**

Entries received by telephone, fax, or e-mail will NOT be accepted.
3. Make sure you **ALWAYS print a receipt** after each session! Bring a copy of your receipt to packet pick-up. **THIS WILL BE YOUR PROOF IF THERE IS A MISTAKE IN YOUR ENTRY FEE AMOUNT!**

IMPORTANT REMINDERS

- **It is NOT likely that we will be able to accept any late entries.** If a late entry is accepted, a **\$100.00 late fee** will be ADDED to the team entry fee and your team is not guaranteed the race of their choice.
- Entry fees are **\$80.00** for each team of 4-7 athletes entered. If you enter 3 or less athletes then the entry fee is **\$20.00/person**. Schools that bring four full teams (Boys & Girls Varsity and JV teams) will be capped at **\$270. No JV teams only.** All schools must have a varsity team to enter a JV team.
- **7 runners (AND NOT MORE THAN 7)** may participate in a race. Any team violating this established practice will have all of their individuals removed from the results.

NEW POLICY

Switching Athlete and Name Additions: You may make name additions on the day of the meet. A form will be available in your coaches packet. Each name addition will incur \$5 charge and will require you to remove one athlete for every athlete you add. Athletes already entered may switch races without penalty, but a form must be turned in indicating this change. All changes must be done one hour prior to athletes race start time.

ENTRY FEES

- Make checks payable to **Palo Alto High School.**
- Entry fees must be received by **Tuesday, SEPTEMBER 25.**
- Use **PRIORITY MAIL** so that you will have a receipt for having sent your entry fees. Do NOT use certified mail. Be prepared to pay on site September 29 if your check was not received. Send payments to:

Meet Director
Cross Country Invitational
641 East Campus Drive
Stanford, CA 94305-6150

- A list of accepted entries will be posted to **gostanford.com** on September 26 at 6 PM PST. Please check the **gostanford.com** website for entry confirmation and any last minute information.

ANY QUESTIONS? Send them to StanfordXInvite@gmail.com

SCORING AND AWARDS

1. We will use Bob Rush Finish Systems for our computerized team scores.
2. If there is a problem with a specific race that cannot be corrected within the window of time before the start of the following race, then the results will be handled at the end of the day and will be posted online at gostanford.com on the cross country page.
3. For each *J.V.* race, we will present plaques to the top team and t-shirts to the first ten individuals. For each *Varsity* and *Seeded* race, we will present plaques to the top three teams, a special first place award to the individual winner, and t-shirts for 2nd through 15th place.

HOTELS

Rooming blocks have been established at the *Courtyard by Marriott, Creekside Inn, Courtyard Marriott-Newark, Hilton Garden Inn Mountain View* and the *Hotel Sofitel*. Please call immediately to make your hotel reservations. Reservations will be made on a first-come/first-serve basis. These six hotels will allow you quick and easy access to the Stanford Golf Course. To make your reservations, please contact the hotels directly and identify your association with the *Stanford Cross Country Invitational*.

Creekside Inn 1.5 miles from Stanford	(650) 213-4252	starting at \$109.00 + tax
Courtyard by Marriott 3 miles from Stanford	(650) 941-9900	starting at \$89.00 + tax
Hilton Garden Inn 6.5 miles from Stanford	(650)-964-1700	starting at \$75.00 + tax
Hotel Sofitel 11 miles from Stanford	(650) 508-7131	starting at \$99.00 + tax
Courtyard by Marriott Newark 12 miles from Stanford	(510) 739-6000	starting at \$59.00 + tax
Ramada Silicon Valley 13.6 miles from Stanford	(408) 245-5330	starting at \$79.00 + tax

ADDITIONAL INFORMATION

- PACKETS:** Packets will be available beginning at 7:30 am on race day at the course. They will include course maps, competition numbers, and instructions.
- TRAINERS:** Stanford athletic trainers will be in place one hour before the start of the first race (8:00am).
- SHOWERS:** There are no dressing or shower facilities at the golf course. We encourage all teams to make use of the facilities available at their hotel.
- PARKING:** Please refer to the enclosed map for directions to the course and parking lot. Since teams will be arriving and departing throughout the day, *please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.*
- QUESTIONS:** For information concerning the course and the time schedule, please call Paul Jones of Palo Alto High School, email at peeelj@earthlink.net. If you have specific questions concerning entries ONLY, please contact the Stanford Track & Field/Cross Country Office by email at: StanfordxInvite@gmail.com.
- ADMISSION:** Spectators may purchase admission tickets on the day of the meet only at the course.

COACHES REMEMBER THE FOLLOWING

- The course will be closed until 8:00am on Saturday morning and will **NOT be open on Friday. Teams will be DISQUALIFIED for violation of this policy.**
- Entries must be **COMPLETED ONLINE** by September 23 at 12:00 NOON PST.
- Visit gostanford.com for entry confirmation and updated information on September 26.

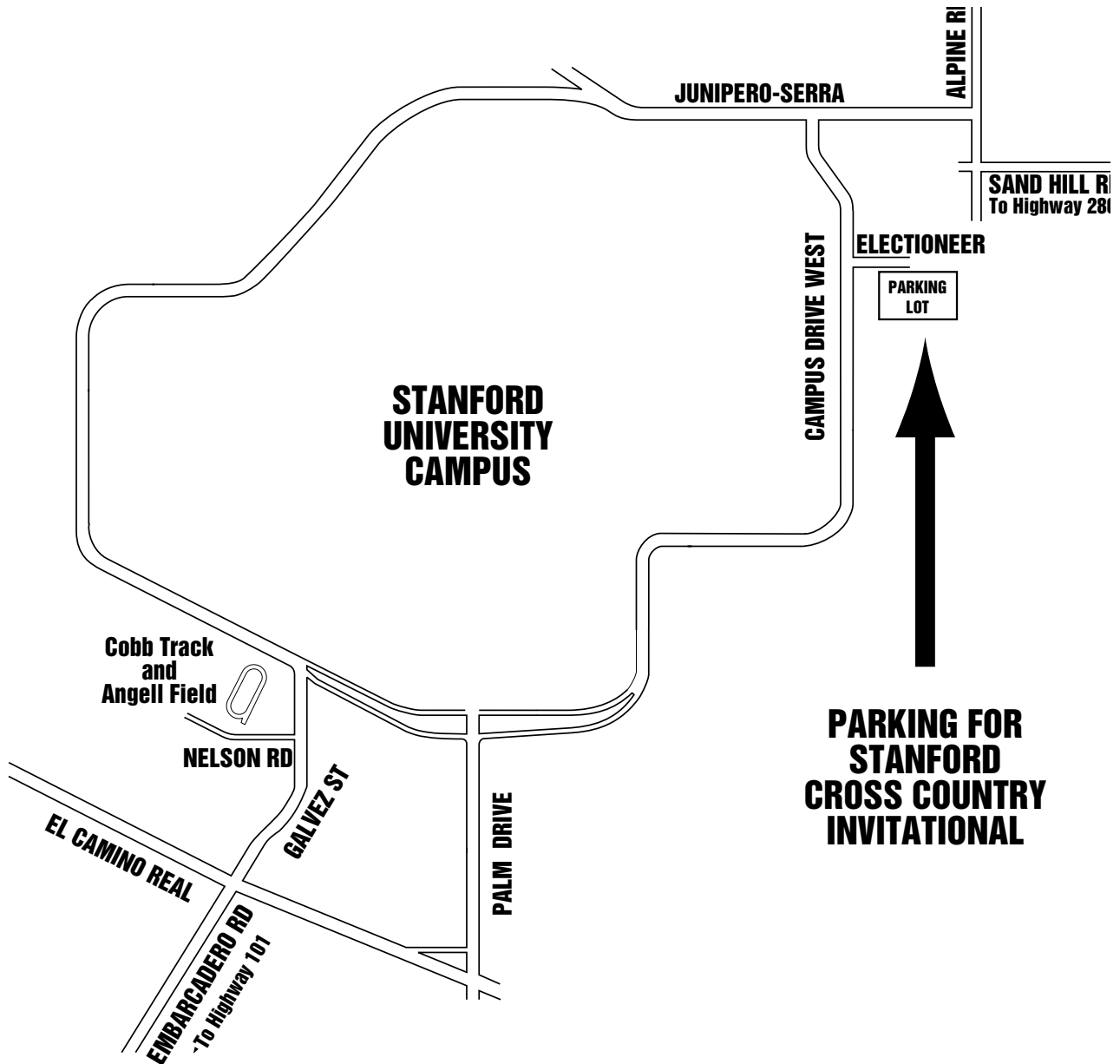
DIRECTIONS TO STANFORD GOLF COURSE

From Highway 101

1. Exit on Embarcadero Road West and follow the signs to Stanford University.
2. Cross El Camino Real (the street name will change to Galvez Street).
3. Turn right onto Campus Drive West.
4. Follow the signs to the parking lot.

From Highway 280

1. Exit on Sand Hill Road East and follow the signs to Stanford University.
2. Turn right onto Alpine Road.
3. Turn a quick left onto Junipero-Serra.
4. Turn left onto Campus Drive West.
5. Follow the signs to the parking lot.



**PARKING FOR
STANFORD
CROSS COUNTRY
INVITATIONAL**



Palo Alto and Gunn High Schools Present



Stanford
TRACK & FIELD
INVITATIONAL

COBB TRACK AND ANGELL FIELD

FRIDAY & SATURDAY

APRIL 4 & 5, 2008

We are pleased to announce the dates for the 2008 Stanford Track & Field Invitational. **Please be aware that the Invitational date of April 4 & 5 places it one week later than in years past. Please make note of this on your competitive calendar.**

The beautiful nine lane Cobb Track and Angell Field with dual direction runways, and multiple throwing rings was designed with performance in mind.

Athletes of all levels will find competition that best meets their needs. Last year our high school competition was fantastic. We enjoyed many outstanding performances and many meet records. We had great awards and exciting events for all athletes in the jumps, throws and on the track.

Don't miss this great opportunity to get your athletes involved in a two day high school meet which permits them to see top flight collegiate and open competition as well as the best high school athletes in the state of California and bordering states.

Mark your calendars now for this exciting weekend of track & field at Stanford University.