



**Palo Alto High School Presents
Stanford Cross Country Invitational
Saturday, September 27, 2008
Stanford University Golf Course**



**Entries must be completed online at EZMeets.com by September 21 @
12:00 Noon (Pacific Time)**

**IMPORTANT: Due to changes to the Stanford Golf course, races have
been adjusted. Please see the tentative schedule of events.**

Both J.V. Races will run the 5K course, along with all Varsity races.

Tentative Schedule of Events

9:00AM	Varsity Boys	5K	Divisions 4 & 5
9:25AM	Varsity Girls	5K	Divisions 4 & 5
9:50AM	Varsity Boys	5K	Division 3
10:15AM	Varsity Girls	5K	Division 3
10:50AM	College Race	8K	Men's
11:30AM	College Race	6K	Women's
12:10PM	J.V. Girls	5K	Divisions 1, 2, 3, 4, & 5
12:50PM	J.V. Boys	5K	Divisions 1, 2, 3, 4, & 5
1:15PM	Varsity Boys	5K	Division 2
1:45PM	Varsity Girls	5K	Division 2
2:15PM	Varsity Boys	5K	Division 1
2:45PM	Varsity Girls	5K	Division 1
3:10PM	Varsity Boys	5K	Seeded
3:40PM	Varsity Girls	5K	Seeded



Dear Coach,

We are pleased to invite you to the 35th edition of the Palo Alto High School/Stanford University Cross Country Invitational to be held on Saturday, September 27, 2008. This meet will take place on the Stanford Golf Course.

We have listened to your feedback and have made some big improvements in order to offer a more exciting and athlete-friendly format. The Invitational will continue having races based on divisions, which will provide fair and consistent competitions. However, please note, due to changes to the Stanford Golf Course, races have been condensed. Therefore, it is imperative that you check the schedule carefully for race times and to ensure proper travel planning. For the 2008 Invitational, meet management have highlighted the two collegiate races within the high school races.

The Stanford Cross Country Invitational is a great event for your student-athletes to experience exciting team competition. It is our goal to provide a fair and challenging opportunity to all accepted competitors. With that said, Coach please make sure to read all of the enclosed information carefully, and do not miss our entry deadlines at EZMeets.com. We will not accommodate any late entries. If you have any questions please email stanfordxinvite@gmail.com. We hope that you find these policies to be positive and in the best interest of the athletes.

We appreciate your support and wish you a great 2008 Stanford Cross Country meet!

Thank you.

Sincerely,

Edrick Floreal

Edrick Floreal
The Franklin P. Johnson Director of Track and Field



Stanford Cross Country Invitational Important Meet Information

Out-of-State Teams

If your team is from outside of California, please inform meet management at StanfordxInvite@gmail.com before September 1, 2008. This is for sanctioning purposes.

Team Divisions

Divisions are based on the total number of sophomores, juniors and seniors at a school. California high schools compete in the division your school has been assigned to by your section. For out-of-state high schools, please use the approximations below in effort to give you an idea of the division your school is. However, please check with your principal or athletic director for your schools division.

Division I – (2,101 or more)

Division II – (1651 to 2100)

Division III – (1151to 1650)

Division IV – (500 to 1150)

Division V – (499 and fewer)

Teams WILL compete in their respective division. Please note, it is the responsibility of the high school coaching staff, *NOT 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

Please note that the 2008 course may be different then past years. A course map will be posted on www.gostanford.com by mid-September.

Please note: **THE COURSE WILL NOT BE OPEN FRIDAY, SEPTEMBER 26TH FOR A COURSE JOG. TEAMS WILL BE DISQUALIFIED FOR ANY VIOLATION OF THIS POLICY. FURTHERMORE, THE ENTIRE COURSE WILL BE CLOSED UNTIL 8:00AM ON SATURDAY, SEPTMEBER 27, 2008.**

No one will be permitted on the course prior to 8:00AM, Saturday, September 27th.

Please explain this policy to ALL of your athletes, coaches, parents, and supporters.

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 FRISBEES, FOOTBALLS, BIKES 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 approximately 40 teams and/or 280 athletes. Teams will be chosen on a first registered, first accepted basis. The seeded race will include a maximum of 40 teams. Teams for the seeded races will be chosen based on rankings and results compiled from DyeStat and meet management.

JV teams WILL be running the 5K course. There is NO 3K Course.

JV teams will be chosen based on a first registered, first accepted basis.

To enter a girls JV team – the high school MUST run a FULL Varsity girls team (5-7 runners). To enter a boys JV team – the high school MUST run a FULL Varsity boys team (5-7 runners). A **maximum** of 7 runners will be allowed to run.

Individual results will be provided for each race. Due to field sizes all athletes MUST wear their hip numbers provided. Be sure to instruct your runners to wear hip numbers on their hips NOT their thighs or posteriors.

How To Enter – EZMeets.com

1. Please go to EZMeets.com and request a password between August 4th and September 20th. You will receive a password within 24 hours.
2. Once you receive your password, please return 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 21st at noon Pacific Time. Entries WILL NOT be accepted via telephone, fax or e-mail.**
3. Please make sure you ALWAYS print a receipt after each session on EZMeets.com. 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!**

Entry Fees

- Entry fees for 5-7 runners: \$60.00 per team per gender.
- Entry fees are \$15.00 per entry for 1-4 athletes entered. This does not include seeded races as a FULL team (5-7 runners) is required to run the seeded race.
- Entry fees are \$220.00 for high schools that bring FOUR full teams (Boys JV, Boys Varsity or Seeded, Girls JV, and Girls Varsity or Seeded).
- Please make checks payable to *Palo Alto High School*.
- Entry fees must be received at STANFORD UNIVERSITY by **Tuesday, September 23, 2008.**
- 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 27th if your check was not received.
- Please send payments to: Meet Director
 - Stanford Cross Country Invitational
 - 641 East Camus Drive, Stanford, CA 94305-6150

COACHES PLEASE READ CAREFULLY

- All schools **MUST** have a varsity team to enter a JV team, **NO** JV teams only.
- JV Teams **WILL** be running the 5K course.
- **NO MORE THAN 7** may participate in a race. Any team violating this established practice will have all of their individuals removed from the results both Varsity and Junior Varsity results.
- A list of accepted entries will be posted to www.gostanford.com on September 24th at 6:00PM Pacific Time. Please check www.gostanford.com for entry confirmation and any last minute information.

NAME CHANGES

Name in database change – spelling correction – change the year in school: there will be a **\$5.00** charge for each change or correction, payable at the registration table.

Note: The name and school year are put in by the coach during the registration process. Meet management does not make any changes. Whatever information is entered in the database will appear on the results. Any changes or corrections in spelling and/or year in school are the coach's responsibility. No additional BIB runners may be added. You must use only the BIB numbers that are in your packet.

- Any runner with an assigned a BIB number may run in either the VARSITY or the JV race.
- Running more than 7 runners in either division will result in the removal of the entire team from the results, both VARSITY and JV TEAMS.

For name change – spelling correction – year in school correction use **ONLY ONE CHANGE PER FORM** – additional forms available at registration. The form must be turned in one hour before the scheduled race involved.

Packet Pick-Up

Team Packets will be available beginning at 7:30AM on race day at the Stanford Golf Course, located before the entrance into the #2 fairway. The packets will include meet information, such as instructions, competition numbers, etc.

Scoring and Awards

1. Meet management 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 www.gostanford.com on the cross country page. Results will also be posted on www.norcalstat.com.
3. For both JV races, meet management will present shirts to the top team and t-shirts to the first twenty individuals. JV Division awards will be based on all divisions combined.

4. For each Varsity and Seeded race, we will present shirts to the top team, a special first place award to the individual winner and t-shirts for 2nd through 15th place.

Additional Information

1. Trainers: Stanford Athletic Trainers will have a training area that will be open one hour before the start of the first race (8:00AM)
2. Showers: There are no dressing or shower facilities at the Stanford golf course. Meet management encourages all teams to make use of the facilities available at their hotel.
3. 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.*
4. Admission: Spectators may purchase admission tickets for **\$5.00** on the day of the meet only at the course.
5. Programs will be available the day of meet only at the course for **\$3.00** each.
6. Concessions will be available the day of the meet.

IMPORTANT SUMMARY FOR COACHES TO 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 21, 2008 at 12:00 NOON Pacific Time.
- You must run a Varsity team of 5-7 runners in order to run a JV team.
- There is ONLY one JV boys race, and ONLY one JV girls race.
- ALL JV teams WILL be running the 5K course.
- All teams will be selected on a First Registered, First Accepted basis. Both JV races will be capped at approximately 40 teams.
- Running more than 7 runners in any race will mean disqualification of ALL teams and removal of ALL runners of BOTH Varsity and JV teams from the results.
- Visit www.gostanford.com for course maps in mid-September.
- Visit www.gostanford.com for entry confirmation and updated information on September 24th.

Any Questions?

For information concerning the course and the time schedule, please e-mail Paul Jones of Palo Alto High School, pauljones854@comcast.net. If you have specific questions concerning entries ONLY, please contact the Stanford Track & Field/Cross Country Office by e-mail at: StanfordXInvite@gmail.com.

Future Dates for Cross Country 2008

NCAA Cross Country Regionals * Saturday, November 15, 2008

The NCAA Regionals return to the Farm after a successful meet in 2005. This meet will serve as the qualifying round for the NCAA Championships in Terre Haute, In, November 15, 2008. All the top cross country teams in the Western United States will be competing for the opportunity to advance to the NCAA Championships.

Future Date for Track & Field 2009 and Cross Country 2009

Stanford Track & Field Invitational Friday March 27 & Saturday March 28, 2009

The 37th Annual Stanford Track and Field Invitational co-hosted by Palo Alto High School will be on Friday, March 27th and Saturday, March 28th, 2009. Our beautiful nine lane track, dual direction runways, and multiple throwing circles produce great results. The schedule is thoughtfully constructed to provide the best opportunity for performance. Be a part of the action!

Stanford Cross Country Invitational Saturday, September 26, 2009

The 36th edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 26, 2009. Once again, the serene Stanford Golf Course will serve as the setting for 14 exciting races of high school and college competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 4000 runners will have completed the home course of the Cardinal men's and women's cross country teams, making the Stanford Cross Country Invitational one of the largest cross country events in the United States.