

2010 NDNU CROSS COUNTRY INVITATIONAL

PRESENTS

THE BATTLE OF THE BAY

Date: Saturday, Sept 4th

Time: 10:00 a.m. – Women 2.95 miles
10:45 a.m. – Men 4.2 miles
12:00 noon – Awards Ceremony

Location: Crystal Springs Cross Country Course, Belmont CA

Parking: Street parking along Hallmark Street for spectators. Team vans will be allowed to park inside Crystal Springs.

Course: Crystal Springs is one of the best Cross Country courses in the state. The course will be an early test for your athletes because it's a tough, rolling hills, dirt path course. The women will run the 2.95 course and the men will run the 4.2 mile JC course. The course is spectator friendly, has easy parking, port a potties, a built in chute and starting boxes. Some teams will be going back to Crystal Springs at the end of the season for their Conference Championships so this race could be a great gauge to see how much your team/athletes improved over the course of the season.

Course Map: www.ndnu.edu/athletics

Trainer: A trainer will be on-site at the meet.

Entries: www.directathletics.com

Timing: Bob Rush Timing System

Entry Fee: \$100 per gender (unlimited entries per gender) For both Men's & Women's Team \$200
\$20 for individuals/unattached runners. All entry fees are due by the morning of the race.

Checks should be made payable to: NDNU Cross Country and send to: Notre Dame de Namur Athletics
1500 Ralston Ave, Belmont, Ca 94002-1601

Deadline: Entries must be done by Tue, August 31st

Awards: Tee Shirts will be given out to the top 10 individuals. Team plaques will be awarded to the two winning teams.

Results: www.ndnu.edu/athletics and www.directathletics.com

Host: Kevin Berkowitz Head Cross Country Coach (925) 858-4556 kevrnrn@hotmail.com