

# MONTE VISTA HIGH SCHOOL 34th ANNUAL CROSS-COUNTRY INVITATIONAL

## 2017

- DATE:** - Tuesday, September 5<sup>th</sup>, 2017 – 4:00 pm Starting Time
- WHERE:** - Oak Hill Park - Danville CA. Adjacent to Monte Vista High School on Stone Valley Rd.
- RACES:** - **GRADE RACES ONLY!** Races are run by an athlete's year in high school. The format will provide your runners an opportunity to race in their age group and provide you an opportunity to seed your runners for upcoming invitationals. No need to designate Varsity / JV this early in the season. Frosh race last to get a feel for what an invitational is all about – and have cooler conditions for their first XC race!
- EXTRAS:** Snack table! Trainer. Custom Invite T-Shirts for sale. Adequate bus parking in North Parking lot. Bathrooms on site. Shoes & apparel booth from **Forward Motion Sports!** No uniform rules enforced!
- ENTRY FEE:** - \$150 max fee per school (two or more divisions entered)  
Mail to: Monte Vista High School - Mike Davis, MV Invite Director, 3131 Stone Valley Rd.-Danville, CA. 94526  
Make check payable to Monte Vista Cross Country
- DEADLINES:** **park size.** -Team RSVP: Email MV Invite Director Davis as soon as possible! **Field capped at 20 teams due to**  
-Team Entries: Opens August 1<sup>st</sup>, [www.episports.com](http://www.episports.com) for entry information. **Name and grade only!**  
**Entries due by August 31st. EPI cut-off is at noon!**  
-Entry Fees: Please remit by race day!
- AWARDS:** - **Custom Medals to the top 15 in each race.**  
- No official team scores. Coaches will receive individual and consolidated results.
- COURSE:** - Challenging, Hilly Course at Monte Vista High School & Oak Hill Park  
- All Races are 2 miles – Excellent Spectator Course  
- Conquer the infamous “Eliminator” hill in the 2<sup>nd</sup> mile  
- Course is mixture of grass, pavement, all weather track and dirt trails.
- CONTACT:** - Mike Davis, Monte Vista High School, 3131 Stone Valley Road, Danville, CA 94526  
- web site: <https://www.montevistaxc.com> click on MV Invitational  
- email: [mike.davis@sbcglobal.net](mailto:mike.davis@sbcglobal.net)  
Ph: 925- 437-8360

### Order of Races

| Start Time | Race         | Medals |
|------------|--------------|--------|
| 4:00       | Jr. Boys     | 15     |
| 4:25       | Jr. Girls    | 15     |
| 4:50       | Soph Boys    | 15     |
| 5:15       | Soph Girls   | 15     |
| 5:45       | Senior Boys  | 15     |
| 6:10       | Senior Girls | 15     |
| 6:35       | Frosh Boys   | 15     |

7:00

Frosh Girls

15