



SOUTHERN CALIFORNIA  
COMMUNITY COLLEGE  
Cross Country  
CHAMPIONSHIPS

NOVEMBER 6, 2009 MT. SAC CROSS COUNTRY COURSE WALNUT, CA

**LOCATION:**



Mt. SAC Cross Country Course  
Mt. San Antonio College  
1100 North Grand Avenue  
Walnut, California

**DATE:**

Friday, November 6, 2009

**TIMES:**

Women's Championship	10:30 AM
Men's Championship	11:30 AM
Awards	12:30 PM

**ENTRY INFO:**

Entries must be submitted on-line at [www.directathletics.com](http://www.directathletics.com)  
Entry deadline will be Tuesday, November 5, 2009 at 10:00 am  
Payment must be received by race start.

**ENTRY FEE:**

•\$60 per team •\$20 per individual not on a team (maximum \$60)  
Please make checks payable to: Mt. SAC Track and Field Trust  
Late Fee of \$40 will be assessed to all entries received after entry deadline.

**COURSE:**

Men's	4.0 Miles	<i>grass start</i>
Women's	3.0 Miles	<i>grass start</i>

*\*Maps available on-line at the address below*

**ADMISSION:**

Admission is free. Parking is free in Parking Lot R

**DIRECTIONS:**

Please visit the championship website at the address below

**HOST HOTEL:**



Best Western-West Covina Inn  
3275 East Garvey Avenue  
West Covina, CA 91791  
626.915.1611

**SPECIAL \$89.00 Rate (plus taxes)**  
**Call and Mention SoCal XC Championships**  
*Deluxe continental breakfast buffet, spacious rooms, free  
high speed internet, walking distance to many  
restaurants/shopping, 3 miles to Mt. SAC*

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE AT:

**<http://events.mtsac.edu>**

and click on the SoCal Cross Country Championships link under "Special Events"

MEET DIRECTOR-**BRIAN YOKOYAMA**

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