**PACKET INFORMATION**

1. In your packet you should have received competitor bib numbers, updated time/event schedule, coaches/manager passes, correction forms and a final information packet. There is only one packet per school. Athletes and Coaches arriving in two groups, must leave later arriving groups passes and competitor numbers at the Coaches Tent.

**CORRECTION FORMS**

1. Please carefully check over your entries. If you have any name corrections or additions to a team you already have entered please fill out the correction cards completely and turn it in to scoring shed at the end of the finish chute.
2. Forms which are incomplete will not be changed.
3. No additions of new teams and no additions of new individuals to races, unless your team is already entered.
4. Changes written in on the bib number/bar code will not be made. You must submit all changes on a correction form PRIOR to a race.

**WARM UP**

1. Please warm up on the track or on the lower grass field.
2. For safety and courtesy reasons, do not warm up on the course during other races.

**RACE INFORMATION**

1. Please check in at the clerk of the course 15 minutes prior to the actual start of the race.
2. For safety considerations, spectators and coaches must remain off of the competitive racing course.

**SCORING SYSTEM**

1. We use an exclusive Laser Bar Code Scanning and automatic time download system.
2. Bar codes must be worn by each competitor. Every bib number is unique for each of your athletes.
3. In order for the Laser Scanner to read the bar code, we ask that you inform your athlete(s) not to bend, mutilate, staple or write over the bar code.

**RESULTS**

1. Printed results will be available after each race.
2. Results will also be on-line directly after the race on our website at [http://events.mtsac.edu/ccinvite](http://events.mtsac.edu/ccinvite)
Will you be the next West Regional Cross Country Champion?

DECEMBER 1, 2012
MT. SAN ANTONIO COLLEGE

for more information
www.footlockerwest.com
909.594.5611 extension 4840
## Community College Division

**FRIDAY: OCTOBER 12, 2012**

<table>
<thead>
<tr>
<th>RACE #</th>
<th>GENDER</th>
<th>RACE</th>
<th>DISTANCE</th>
<th>BIB COLOR</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men/Women</td>
<td>Coaches Fun Run</td>
<td>3.0 Miles</td>
<td>—</td>
<td>9:15 am</td>
</tr>
<tr>
<td>1</td>
<td>Women's</td>
<td>Invitational</td>
<td>3.0 Miles</td>
<td>Red</td>
<td>10:00 am</td>
</tr>
<tr>
<td>2</td>
<td>Men's</td>
<td>Invitational</td>
<td>4.0 Miles</td>
<td>Yellow</td>
<td>10:45 am</td>
</tr>
</tbody>
</table>

### Competing Teams

#### Men's Teams
- Cerritos
- Citrus
- College of the Desert
- East Los Angeles
- El Camino
- Fullerton
- Glendale (AZ)
- Golden West
- Hartnell
- L.A. Valley
- Mt. SAC
- Palomar
- Pasadena
- Pima (AZ)
- Rio Hondo
- Sacramento
- Saddleback
- San Bernardino Valley
- Santiago Canyon
- Southwestern
- Victor Valley
- West Hills
- West Los Angeles

#### Women's Teams
- American River College
- Cerritos
- Citrus
- College of the Desert
- East Los Angeles
- El Camino
- Fullerton
- Glendale (AZ)
- Golden West
- Grossmont
- Hartnell
- Imperial Valley
- L.A. Valley
- Long Beach
- Moorpark
- Mt. SAC
- Oxnard
- Pasadena
- Pima (AZ)
- Rio Hondo
- Sacramento
- Saddleback
- Santa Ana
- Santiago Canyon
- Southwestern
- Victor Valley
- West Hills
- West Los Angeles
WORLD RECORD CAMPS

INSTRUCTORS

WILLIE BANKS - Triple Jump
• Former World Record Holder and US Olympian
• President of the US Olympians and a USA Track and Field Board Member

BRIAN YOKOYAMA - Pole Vault
• USA Track and Field High Performance/Development
• Men’s and Women’s Pole Vault National Chairperson
• Coach/consultant to numerous World Class Pole Vaulter

MIKE POWELL - Long Jump
• World Record Holder
• US Olympian

GREGG SIMMONS - Sprints
• 25 years of Championship Winning Coaching Experience at the High School and College Level
• A true “Speed Coach”

DICK FOSBURY - High Jump
• Pioneer of the “Fosbury Flop”, the technique used by every modern High Jumper
• Olympic Gold Medalist

DECEMBER 27-29, 2012
Historic Hilmer Lodge Stadium
Mt. San Antonio College
Walnut, CA

CAMP PROGRAM

All camp attendees will receive:
• One on one coaching and group sessions
• Motivational speeches
• Lectures
• Technique Analysis
• College and Scholarship Information
• Technical Assignments
• Camp T-Shirt
• Camp Certificate

ABOUT THE CAMPS

The World Record Camps are comprised of the finest coaches and athletes in their respective events.

Our staff has broken world records, captured Olympic Medals, won World Championships, are published experts and championship winning elite coaches. They have defined their event(s) and have created new techniques for improving performance. Some are legends, others are skilled professionals.

One thing that our coaches will always be knowledgeable and capable resources; dedicated to helping you achieve your best.

For more information please visit our website at:
www.worldrecordcamps.com