IMPORTANT FINAL ANNOUNCEMENTS

COACHES...
We ask that you please inform your runners, parents and spectators of the following:

- Parking is free for school marked vehicles (with California Registration Exempt License Plates) and buses. All other vehicles must pay the parking charge. Please inform parents and spectators of the parking charge. There is no entry fee for all races on Friday, October 12th.

- We recommend that you arrive early to avoid traffic, secure a better team camp zone, secure a better parking spot and so that you do not miss a race.

- Due to Mt. SAC District Regulations, PETS ARE NOT ALLOWED on the campus of Mt. San Antonio College with the exception of service animals. Please let all parents know of this important rule.

- The Mt. SAC Cross Country Invitational Website contains valuable information for Athletes, Parents and Spectators including parking information, maps, weather, etc. We invite you to visit our website at: http://events.mtsac.edu

COACHES...BRING YOUR CHEERLEADERS!!!
We invite you to bring your school spirit leaders to this years Invite! Free entry for those in uniform. Cheerleaders will be allowed to cheer for their teams on the Airstrip during their teams race.
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 posted after each race on our results board.
2. Results will also be on-line directly after the race on our website at http://events.mtsac.edu/ccinvite
BAR CODE INSTRUCTIONS
PLEASE READ OVER CAREFULLY

- Make sure you place the correct sticker on the proper bib color (check athlete confirmation list in your packet for your athletes race or bib color)

- Place bar code label on the lower rectangular box

- Please do not write on the label/bar code

- Please do not pin the large hole on the bottom

- You must have a barcode on the bib, otherwise you will be disqualified.

Numbers are assigned to each individual. Every runner for your school, will have an individual bar code number. If there is an error on the bar code, please fill out/turn in a correction card.
MEDICAL POLICY

- The number one priority of our medical staff is to respond to life-threatening medical emergencies.
- Non-life threatening/minor injuries (example: scraped knees, minor cuts, etc.) may be treated if resources are available and time allows. Serious injuries take precedence and will be treated first.

COACHES MEDICAL RESPONSIBILITY:

- Bring a well-stocked first aid kit with all the necessary supplies to care of your own athletes.
- Bring all athlete emergency information with you. Make sure emergency contact phone numbers and health condition documentation that medical personal would need to be aware of are included.
- Bring all medications that your athletes require for their medical conditions. Make sure the medication is easily accessible and that you are aware of their location.
- In case of an emergency which requires a hospital visit, please designate an adult from your program (supervising adult, parent of patient) to accompany the ambulance to the hospital.
- Bring plenty of water and sports drink with you to the meet. Invest in a water jug that will take care of your entire team. Our water fountains may not suffice for everyone.

ALL OF THE ABOVE SHOULD BE BROUGHT TO THE EVENT SITE AND NOT LEFT ON THE BUS.

- It is important that your athletes eat and drink properly on and before race day.
- Please do not allow an athlete to compete if they are injured or ill. By sending them to the start line, the coach has certified that they are healthy and able to participate.

Thank you for your understanding and cooperation.

MEDICAL POLICY AND INFORMATION
PLEASE READ OVER CAREFULLY

FIRST AID KIT
- taping supplies
- bandages
- gauze
- scissors

WATER JUG/SUPPLY
- cups

ATHLETE EMERGENCY INFORMATION
- medical history
- medications
- emergency contacts
- physician information
- insurance information

ATHLETE MEDICATIONS
- inhalers
- pills
- other personal medication

ATHLETE CONDITIONING
- are they ready to run?
- are they properly hydrated?
- have they had the proper nutrition?

EMERGENCY PLAN
- what is the plan in case of emergency?

If you are missing any of the supplies please make sure that you have them prior to entering the stadium. Thank you for your cooperation!
**final time schedule**
**FRIDAY: OCTOBER 12, 2012**

### COMMUNITY COLLEGE DIVISION

<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>

### ELEMENTARY/MIDDLE SCHOOL DIVISION

<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>1</td>
<td>Boys</td>
<td>8th Grade</td>
<td>2.0 Miles</td>
<td>Blue</td>
<td>2:10 pm</td>
</tr>
<tr>
<td>2</td>
<td>Boys</td>
<td>8th Grade</td>
<td>2.0 Miles</td>
<td>Green</td>
<td>2:20 pm</td>
</tr>
<tr>
<td>3</td>
<td>Boys</td>
<td>8th Grade</td>
<td>2.0 Miles</td>
<td>Red</td>
<td>2:30 pm</td>
</tr>
<tr>
<td>4</td>
<td>Girls</td>
<td>8th Grade</td>
<td>2.0 Miles</td>
<td>Yellow</td>
<td>2:35 pm</td>
</tr>
<tr>
<td>5</td>
<td>Girls</td>
<td>8th Grade</td>
<td>2.0 Miles</td>
<td>Blue</td>
<td>2:45 pm</td>
</tr>
<tr>
<td>6</td>
<td>Girls</td>
<td>8th Grade</td>
<td>2.0 Miles</td>
<td>Green</td>
<td>2:55 pm</td>
</tr>
<tr>
<td>7</td>
<td>Boys</td>
<td>7th Grade</td>
<td>2.0 Miles</td>
<td>Red</td>
<td>3:05 pm</td>
</tr>
<tr>
<td>8</td>
<td>Boys</td>
<td>7th Grade</td>
<td>2.0 Miles</td>
<td>Yellow</td>
<td>3:15 pm</td>
</tr>
<tr>
<td>9</td>
<td>Boys</td>
<td>7th Grade</td>
<td>2.0 Miles</td>
<td>Blue</td>
<td>3:25 pm</td>
</tr>
<tr>
<td>10</td>
<td>Girls</td>
<td>7th Grade</td>
<td>2.0 Miles</td>
<td>Green</td>
<td>3:30 pm</td>
</tr>
<tr>
<td>11</td>
<td>Girls</td>
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<td>2.0 Miles</td>
<td>Red</td>
<td>3:40 pm</td>
</tr>
<tr>
<td>12</td>
<td>Girls</td>
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<td>2.0 Miles</td>
<td>Yellow</td>
<td>3:50 pm</td>
</tr>
<tr>
<td>13</td>
<td>Boys</td>
<td>Sweepstakes (6-8)</td>
<td>2.0 Miles</td>
<td>Blue</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>14</td>
<td>Girls</td>
<td>Sweepstakes (6-8)</td>
<td>2.0 Miles</td>
<td>Green</td>
<td>4:10 pm</td>
</tr>
<tr>
<td>15</td>
<td>Boys</td>
<td>6th Grade</td>
<td>2.0 Miles</td>
<td>Red</td>
<td>4:25 pm</td>
</tr>
<tr>
<td>16</td>
<td>Boys</td>
<td>6th Grade</td>
<td>2.0 Miles</td>
<td>Yellow</td>
<td>4:35 pm</td>
</tr>
<tr>
<td>17</td>
<td>Girls</td>
<td>6th Grade</td>
<td>2.0 Miles</td>
<td>Blue</td>
<td>4:45 pm</td>
</tr>
<tr>
<td>18</td>
<td>Girls</td>
<td>6th Grade</td>
<td>2.0 Miles</td>
<td>Green</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>19</td>
<td>Boys</td>
<td>5th Grade</td>
<td>1.2 Miles</td>
<td>Red</td>
<td>5:10 pm</td>
</tr>
<tr>
<td>20</td>
<td>Girls</td>
<td>5th Grade</td>
<td>1.2 Miles</td>
<td>Yellow</td>
<td>5:15 pm</td>
</tr>
<tr>
<td>21</td>
<td>Boys</td>
<td>4th Grade</td>
<td>.8 Miles</td>
<td>Blue</td>
<td>5:25 pm</td>
</tr>
<tr>
<td>22</td>
<td>Girls</td>
<td>4th Grade</td>
<td>.8 Miles</td>
<td>Green</td>
<td>5:35 pm</td>
</tr>
<tr>
<td>23</td>
<td>Boys</td>
<td>3rd Grade</td>
<td>.8 Miles</td>
<td>Red</td>
<td>5:45 pm</td>
</tr>
<tr>
<td>24</td>
<td>Girls</td>
<td>3rd Grade</td>
<td>.8 Miles</td>
<td>Yellow</td>
<td>5:50 pm</td>
</tr>
</tbody>
</table>
Will you be the next Foot Locker West Regional Cross Country Champion?

DECEMBER 1, 2012
MT. SAN ANTONIO COLLEGE

for more information
www.footlockercc.com
909.274.4840
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 Vaulters

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

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 events and have created new techniques for improving performance. Some are legends, others are skilled professionals.

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

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

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE AT:

www.worldrecordcamps.com
MT. SAC CROSS COUNTRY COURSE MAP

1 MILE

2 MILE COURSE MAP
6th, 7th and 8th Grade