



## **PAT RYAN CROSS COUNTRY INVITATIONAL**

**OCTOBER 14, 2011**

*Spring Lake Regional Park*  
*Santa Rosa, CA*

**MEN'S 4-MILE: 2:30PM**

**WOMEN'S 5K: 3:15PM**

**COURSE:** Light gravel/asphalt pathway start, winding, mostly flat with a few mild hills.

**ENTRIES:** Must be made through [www.directathletics.com](http://www.directathletics.com)

**ENTRIES DEADLINE:** Wednesday, 6:00pm October 12<sup>th</sup>

**ENTRY FEES:** \$40.00 per team (men and women separate), \$10.00/athlete if less than five.

Payable to: SRJC Cross Country  
1501 Mendocino Ave. Santa Rosa, CA 95401

**LATE ENTRY FEE:** A \$20.00 processing fee will be assessed (men and women will be charged separately). Therefore the maximum late fee will be \$40.00.

**DIRECTIONS:** Hwy 101 North to Santa Rosa. Take Hwy 12 off ramp east towards Sonoma. Freeway ends at Farmer's Lane. Continue straight ahead (road becomes Hoen). Continue east to the end of Hoen (Summerfield is cross street). Continue straight through intersection; take first left (sign to Spring Lake Park) and follow road to park entrance. Turn right after entrance and proceed to parking lot. 5585 Newanga Avenue, Santa Rosa CA 9540

**PARKING:** There should be no charge for team parking. However, parking passes will be available at Spring Lake Park check-in station. Place passes on windshield.

**ATHLETIC TRAINERS:** SRJC certified Athletic Trainers will be on site. Please bring your 1<sup>st</sup>-Aid Kit. Water will be provided.

**AMENITIES:** Restrooms will be on site. Locker rooms are available upon request at SRJC.

**RESULTS:** Will be available for coaches and posted on [directathletics.com](http://directathletics.com).

**AWARDS:** Overall Top 10 finishers will receive a T-Shirt.  
\*Note: "Cool" XC T-shirts will also be for sale for \$10.

**TEAM SCORING:** Standard scoring = TOP 5 SCORE, NEXT 2 DISPLACE.

**CONTACT US/QUESTIONS:** J.J. Noble (707) 527-4456 (office)  
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