

Bulldog Run Invitational

Saturday, September 24, 2016

at Diamond Valley Lake Valley Wide

Only ONLINE ENTRIES will be accepted for the 2016 Bulldog Run Invitational! Please go to <http://www.finishedresults.com/> to register!

Deadline to register is Monday, September 19th by 7:00 p.m.

Results by Finished Results

Questions? Email Coach Art Plinski at aplinski@hemetusd.org

Location

1801 Angler Ave., Hemet, CA 92543

From the west, take Newport Rd. off of the I-215 and head east. It becomes Domenigoni Pkwy after it crosses Winchester Rd. Continue east to Searl Pkwy and turn right. Following parking attendant directions.

Meet Registration and Results

Registration and results will be on <http://www.finishedresults.com/> also. Don't leave registration to the last minute. Leave time to create your account.

Payment of Fees

Make checks payable to: HHS ASB Cross Country. Personal checks should also include a phone number and driver's license number. We ask that all coaches pay their fees before competing. We will accept payments at check-in and be able to give receipts. It is \$240 for a full team, \$60 per race and \$10 per individual. At the check in, you will get bib numbers and pins for your runners.

Individual Awards

Individual awards will be handed out in the finish chute as the runners go through. Each race will award 60 medals.

Team Awards

Team trophies will be awarded to the top 3 teams in each race as well as the team with the fastest combined boys and girls team times. 7 Team shirts will be awarded to teams with the fastest boys team time and the fastest girls team time.

Time Schedule

8:00 Frosh-Soph Girls

8:30 Frosh-Soph Boys

9:00 Jr.-Sr. Girls

9:30 Jr.-Sr. Boys

Please have your runners at the starting line 10 minutes prior to the race start so the clerk can check them in.

Parking

Parking will be across from the Aquatics Center, north of the soccer fields. Bus parking will be along Searl Parkway. Attendants will be directing you.

Team Camping

Teams can set up tents in the soccer field near the finish area and the grass area to the east of the finish. There are 3 soccer fields and 2 will be hosting soccer games, so please do not try to use the other 2 soccer fields for camping or warming up.

Restrooms and Porta-Potties

There will be restrooms and porta-potties near the finish line and in the softball playing field areas.

Course

This course is primarily dirt with some pavement and grass in the last half mile. It starts out on the dirt field just east of the softball fields and then heads out in a 1.9 mile loop which includes a gentle slope up, a challenging hill and a long slope back to the road. The last .4 miles runs straight up the bike lane to the grassy finish. Water will be provided for each runner as they finish. Binoculars will be handy for spectators who make the climb up to Spectator Hill.

Warming Up

Please have your athletes be careful of races in progress while warming up on the course. It will be best to warm up near the softball and soccer fields.

After the Meet Opportunities

After the meet you may want to take your team over to the beautiful Aquatic Center for swimming (<http://www.vwrpd.org/hemet-aquatic-center.cfm>), check out the Western Center of Archaeology and Paleontology, or go fishing at Diamond Valley Lake. The Aquatic Center is opening 90 minutes earlier than usual to accommodate runners and spectators. It opens to the public at noon.