

**LA SIERRA AND MARTIN LUTHER KING HIGH
SCHOOLS WELCOME YOU TO THE FIRST
ANNUAL RUNNING OF THE:**

RIVERSIDE SHOWCASE

**CROSS COUNTRY INVITATIONAL
SATURDAY, SEPT. 3, 2016**

LA SIERRA AND MARTIN LUTHER KING HIGH SCHOOL INVITE YOU TO TAKE PART IN THE SECOND ANNUAL RIVERSIDE SHOWCASE!! AT THE NEW RIVERSIDE CITY CROSS COUNTRY COURSE---THE SITE OF THE 2015 CIF CROSS COUNTRY PRELIMS!! WE HOPE THIS MEET SERVES AS A GOOD EARLY SEASON INDICATOR OF WHERE YOUR TEAM IS AND AS AN OPPORTUNITY TO PROMOTE THE SPORT OF CROSS COUNTRY WITHIN THE INLAND EMPIRE AND BEYOND!! IF YOU ARE INTERESTED OR HAVE ANY QUESTIONS, PLEASE CONTACT EITHER JOHN CORONA OF KING HIGH SCHOOL OR WILL JACOBMEYER OF LA SIERRA HIGH AT THE BELOW NUMBERS. HOPE TO SEE YOU ON SATURDAY SEPTEMBER 3RD, 2016!!

**JOHN CORONA
CO-MEET DIRECTOR
KING HIGH SCHOOL
jcorona@rusd.k12.ca.us
951-789-5690-ext. 62028**

**WILL JACOBMEYER
CO-MEET DIRECTOR
LA SIERRA HIGH SCHOOL
coachj11@aol.com**

DATE AND TIME--SATURDAY, SEPT 3RD, 2016

FIRST RACE SET TO GO OFF AT 7:30 AM

LOCATION--EVENT WILL BE RUN ON THE NEW RIVERSIDE CITY CROSS COUNTRY COURSE (OLD RIVERSIDE GOLF COURSE) AT 1011 ORANGE STREET IN RIVERSIDE. IT IS ON THE CORNER OF ORANGE AND COLUMBIA. THE COURSE FOR THIS MEET IS 2.25 MILES OVER 13 ELEVATION CHANGES (OLD TEE BOXES AND GREENS).

DIVISIONS--THERE WILL BE A LARGE SCHOOLS (LS) AND SMALL SCHOOLS (SS) DIVISION THAT FEATURE BOYS AND GIRLS VARSITY/JV AND SOPH/FROSH LEVELS—A TOTAL OF 12 RACES ON THE DAY

SCHEDULE OF RACES

<u>Race/Div</u>	<u>Gender</u>	<u>Level</u>	<u>Approx. Time</u>
1LS	Boys	JV	7:30 am
2LS	Girls	JV	7:50 am
3LS	Boys	FS	8:10 am
4LS	Girls	FS	8:30 am
5LS	Boys	V	8:50 am
6LS	Girls	V	9:10 am
7SS	Boys	V	9:30 am
8SS	Girls	V	9:50 am
9SS	Boys	FS	10:10 am
10SS	Girls	FS	10:30 am
11SS	Boys	JV	10:50 am
12SS	Girls	JV	11:10 am

AWARDS—MEDALS WILL BE AWARDED TO THE FIRST 25 FINISHERS IN EACH RACE. THIS TOTAL MAY BE ADJUSTED UPWARD OR DOWNWARD DEPENDING ON THE NUMBER OF ENTRIES IN THE MEET.

ENTRY FEES--\$40 DOLLARS A TEAM-3 LEVELS-2 GENDERS=\$240.00. MAXIMUM PAYMENT IS \$200. \$10 PER INDIVIDUAL ENTRY. WE WILL CAPPING THE NUMBER OF TEAM ENTRIES AT 30. MAKE YOUR CHECKS OUT TO THE KING HIGH XC/TRACK BOOSTERS

TIMING—TIMING WILL BE PROVIDED BY FINISHED RESULTS

TEAM AND INDIVIDUAL ENTRIES-ENTRIES CAN BE MADE ONLINE AT FINISHEDRESULTS.COM. GO TO THEIR WEBSITE AND HIT THE 2016 XC SEASON LINK. FIND THE RIVERSIDE SHOWCASE-CLICK ON THAT AND IT WILL ALLOW YOU TO REGISTER.

PARKING—PARKING FOR TEAMS IN VANS WILL BE OFF OF ORANGE JUST SOUTH OF THE FIRE STATION. SPECTATORS WILL PARK IN THE LOT OFF ORANGE ST. AND WILL BE CHARGED \$5.00 PER CAR. TEAM BUSES WILL BE DIRECTED AROUND THE COURSE ONTO MAIN ST, HANG A RIGHT AND COME AROUND ON COMMERCE AND GO SOUTH ON ORANGE. THEY WILL BE DIRECTED TO UNLOAD IN THE PARKING LOT OF THE CLUB HOUSE AND THEN TO OFF-SITE PARKING. THE ATHLETES ENTRANCE FROM THE BUSES IS THROUGH A GATE BY THE CLUBHOUSE. THERE IS ALSO PARKING AT THE NEARBY REID PARK.

FACILITIES-THE COURSE IS A WIDE OPEN DIRT COURSE WITH NOT A LOT OF SHADE. IT IS VERY SPECTATOR FRIENDLY. CANOPIES AND TARPS ARE A NECESSITY!!! THERE IS A TEAM CAMP AREA WITH A WARMUP AREA NEARBY. PORTA POTTIES WIL BE ON SITE AS WILL SOME VENDORS AND CONCESSIONS. PLEASE EMAIL COACH JACOBSMEYER FOR PICTURES OF THE COURSE AS WELL AS A VIRTUAL

RUNNING OF THE COURSE PROVIDED BY WALTER LANGE OF JESUIT HIGH

COACHES CHECK-IN- COACHES CHECK-IN WILL BE ABOUT 50 YARDS NORTH OF THE FINISH LINE TOWARD THE MIDDLE OF THE COURSE. PACKETS, INFORMATION AND COFFEE AND DONUTS WILL BE AVAILABLE. WE MIGHT ALSO HAVE SOMETHING HEALTHY TO EAT AND DRINK BUT WHO KNOWS??

TRAINER- THE ATHLETIC TRAINER WILL BE SITUATED CLOSE TO THE FINISH LINE. PLEASE BRING YOUR OWN TAPE AND PRE-WRAP.