

2013 DANA HILLS INVITATIONAL

SATURDAY, SEPTEMBER 28th

Dear Coach,

Cross Country season is coming up fast once again and so is the Dana Hills Nike Invitational. We hope to have you with us this year, so if you will be bringing your team...

[Please email or fax back the Coaches Info Sheet.](#)

[Please complete ENTIRE sheet and send by JUNE 10, 2013.](#)

If for any reason, you CANNOT make the meet, please contact Craig Dunn immediately at Dana Hills High School (949) 395-1351. I hope the following information can assist you in being better prepared for the meet.

1) **PLACE:** Dana Hills High School
33333 Golden Lantern
Dana Point, CA 92629

Contact: Craig Dunn
bluemonkeyman@hotmail.com
(949) 395-1351 – cell
(949) 489-8317 – fax

2) **TIME SCHEDULE:** ** Please note: there have been **changes to DIV 1** from previous years!

| DIVISION I **NEW ORDER** | DIVISION II | DIVISION III |
|---------------------------------|----------------------------|--------------------------------|
| 8:00 am - Boys Seniors | 10:00 am - Boys Senior | 12:00 pm - Boys Senior |
| 8:15 am - Girls Seniors | 10:15 am - Girls Senior | 12:15 pm - Girls Junior/Senior |
| 8:30 am - Boys Junior | 10:30 am - Boys Junior | 12:30 pm - Boys Junior |
| 8:45 am - Girls Junior | 10:45 am - Girls Junior | 12:45 pm - Girls Frosh/Soph |
| 9:00 am - Boys Sophomore | 11:00 am - Boys Sophomore | 1:00 pm - Boys Soph |
| 9:15 am - Girls Sophomore | 11:15 am - Girls Sophomore | 1:15 pm - Boys Frosh |
| 9:30 am - Boys Freshman | 11:30 am - Boys Freshmen | |
| 9:45 am - Girls Freshman | 11:45 am - Girls Freshmen | |

3) **ENTRIES:** - [ALL COACHES WILL DO ENTRIES FOR ALL RUNNERS ONLINE AT WWW.EPISPORTS.COM.](#) In September, go to www.dhhsathletics.com/cc/dhi for information on how to enter your runners.

a) The number of entries is unlimited.

b) As your runner finishes, he/she will remove their name tag while quickly moving through the chute. They will give their name tag to the officials at the first table for the individual score.

c) Then the runner will quickly proceed to the next table and receive their medal from the official

d) Team and individual results will be posted 20 minutes after the last finisher.

4) **COST:** - \$45.00 per race (or \$350 maximum for Division I and Division II teams) or \$10.00 per runner. Make checks out to: **DANA RUNNING FOUNDATION.** Please remember that there will be a \$50.00 per school late charge for any fees not paid by the day of the race.

5) COURSE: The course will be three (3) miles for all races. The course map, past years' results, and other information can be found on our website at www.dhhsdolphins.com/cc/dhi

6) AWARDS: - Medals will be given to all runners finishing in places 1-50 in Divisions I, II, and III. Trophies will be given in each race for the first second and third place teams.

7) T-SHIRTS: - Shirts will be sold for **\$15.00** to all runners and coaches. **DON'T FORGET TO TELL YOUR RUNNERS!**

8) CONCESSIONS: - Food and refreshments will be sold.

9) PARKING: - Bus and car parking will be in the two school lots this year. Please note that bus drop off is on Acapulco and permanent parking or pick up is in the parking lot.

10) SEATING: - Seating will be on the hill or the bleachers around the track for all spectators. All Athletes should stay in the warm-up areas until they report to the clerk. **PLEASE STAY OUT OF THE TRACK AND FIELD AREA. COACHES AND FINISHERS ARE THE ONLY ONES ALLOWED ON THE FOOTBALL FIELD.**

11) DRESS FACILITIES: - No dress facilities will be provided, but restrooms will be provided.

12) TIMING: - Remember, any boys time exceeding 22 minutes or girls time exceeding 25 minutes will not be timed. However, they will show as a finisher in the individual results.

13) DIRECTIONS: - **Coming from L.A.** - Interstate 5 to Camino Capistrano exit. Turn left and go two stoplights and turn right on Stonehill. Go all the way up the hill. The school is on the right. **Coming from San Diego** - Interstate 5 to Beach Cities North. Turn right at fifth stoplight (Golden Lantern). The school is on the left.

14) PACKETS: - Be sure to pick up your packets with your bibs at the scoring table immediately upon arrival (WEST end of the football field).

15) CLERK OF THE COURSE: - Please have the runners report to the Clerk of the Course on the softball field **10 minutes** before their race.

16) PAYMENT: - Please bring checks with you to the meet, if you have not sent it before. Remember make the checks payable to: **DANA RUNNING FOUNDATION**. Late payment will be \$50.00 extra per school. **THE BEST WAY IS TO HAND CARRY IT TO THE MEET.**

On the Run,

Craig Dunn