

WINTER TRACK SERIES DISTANCE FESTIVAL AT CATHEDRAL CATHOLIC HIGH SCHOOL

LAST CHANCE MEET TO TEST YOUR FITNESS BEFORE CROSS COUNTRY SEASON ENDS

5555 Del Mar Heights Rd. San Diego, CA 92130

All ages can compete

Date: Thursday, November 29th, 2012

Cost: \$3.00 for grade school/\$5.00 for high school and up

Spikes: 3/16" Needle spikes only

SCHEDULE OF EVENTS

TIME SCHEDULE IS TENTATIVE BASED ON THE NUMBER OF ATHLETES
IN EACH EVENT AND WILL RUN AHEAD OF SCHEDULE IF POSSIBLE

Registration will be available all evening but you must register at 45 minutes prior to your event

RUNNING EVENTS:

5:30 PM	K Girls 800	6:40 PM	7-8 Girls 1600
5:35 PM	K Boys 800	6:50 PM	7-8 Boys 1600
5:40 PM	1-2 Girls 1600	7:00 PM	Open Female Mile
5:50 PM	1-2 Boys 1600	7:10 PM	Open Male Mile
6:00 PM	3-4 Girls 1600	7:20 PM	Fr/So Girls 3200
6:10 PM	3-4 Boys 1600	7:40 PM	Fr/So Boys 3200
6:20 PM	5-6 Girls 1600	8:00 PM	Jr/Sr Girls 3200
6:30 PM	5-6 Boys 1600	8:20 PM	Jr/Sr Boys 3200
		8:40 PM	Open 5K

DIRECTIONS: Cathedral Catholic High School is located just north of HWY 56 and 3 miles east of HWY 5. Either exit at Del Mar Heights Rd. from I5 and head east for 3 miles or exit at Carmel Valley Rd. from Hwy 56 go north ½ mile, turn left on Del Mar Heights Rd. and proceed west for ½ mile.