

24RD ANNUAL KIWANIS SEASIDE CROSS-COUNTRY INVITATIONAL

WHEN: FRIDAY, September 6, 2013, Starting time 2:00 PM

WHERE: San Buenaventura State Beach Park, Ventura, California

DIRECTIONS: Going north on 101 Frwy. Take Seaward exit, go west (left) on Seaward, turn right on Pierpont and take Pierpont to the entrance to the San Buenaventura State Beach. Going south on 101 Frwy. Take Seaward exit, go straight through the light at the end of the off ramp, off ramp goes straight into Monmouth, turn right on Pierpont to the entrance of the San Buenaventura State Beach.

RACE SCHEDULE:

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|------------------|---------|-----------------|---------|
| Girls' Freshman | 2:00 PM | Boys' Freshman | 4:00 PM |
| Girls' Sophomore | 2:30 PM | Boys' sophomore | 4:30 PM |
| Girls' Junior | 3:00 PM | Boys' Junior | 4:55 PM |
| Girls' Senior | 3:30 PM | Boys' Senior | 5:20 PM |

COURSE: It will begin and end inside the Ventura State Beach Park. It will be a flat three-mile course, mostly on the bike path next to the ocean.

STATE BEACH PARKING: Cars - \$10.00 Buses- \$50.00 Vans- \$35

AWARDS: Medals to the first 50 finishers
Plaques to the first 5 teams
Trophies to the fastest boy and girl of the day
Trophy to any runner who breaks a divisional record

ENTRY FEE: \$40.00 per race or \$10.00 per individual

\$140.00 boys' team. \$140.00 girls' team. \$280.00 both boys and girls.

**Make checks out to Buena ASB, Seaside Invitational
\$25.00 late fee if not paid by day of meet.**

TEAM SCORING: Based on team times. Adding the fastest 5 runners' times from each team from all divisions.

T-SHIRTS: Custom t-shirts

CONCESSION STAND: We will have a variety of snacks, fruits, and drinks.

MEET DIRECTORS: **Michele Burns – Buena head coach,**
Home - (805) 659-3281 or School: 805-289-1826 x 1153
Email: seasidexcinvite@gmail.com