



Top Speed Running Super XC Classic (Hosted by Chaffey College Athletics) 2016

@ Frank G. Bonelli Regional Park in San Dimas

"This is a beautiful looping cross country course that has everything: grass, dirt, trails, hills, and a wide grass start; however, the best part is spectators can see virtually the entire course from the start/finish line area." — Tim O'Rourke, LA84 Coaches' Education Coordinator, Footlocker Western Regional Elite Coordinator, MSAC XC Invitational Meet Director

- Date:** Saturday, September 24, 2016
- Location:** Frank G. Bonelli Regional Park
120 Via Verde San Dimas, CA 91773 (phone: 909-599-8411)
- Invited:** Open to all high school teams. Please send email to rob.lander@chaffey.edu for entrance into the meet.
- Parking:** \$10 per vehicle; buses are free (cash only, please). This is a Bonelli Park fee.
- Cost:** **BEFORE 8/24:** \$125 per team, per gender (\$250 for both genders)
AFTER 8/25: \$150 per team, per gender (\$300 for both genders)
Make checks payable to "Chaffey College Athletics"
- Awards:** Top 30 finishers in each race will receive medals, awarded at the finish chute. A championship plaque and runner-up plaque will be awarded to the top two teams in each race.
- Schedule:** Park opens at 6:00 am
7:30 am Girls' Varsity
8:00 am Boys' Varsity
8:30 am Girls' Junior Varsity
9:00 am Boys' Junior Varsity
9:30 am Girls' Frosh/Soph
10:00 am Boys' Frosh/Soph
- Snack Bar:** Snacks and drinks available for purchase at snack bar.
- T-shirts:** Custom t-shirts will be on sale for \$20.00



Questions: Contact Rob Lander, meet director, at (626) 372-4871 or by email to rob.lander@chaffey.edu

Registration:

- Begins Monday, August 1, 2016 (deadline is Thursday, September 22, on-line at www.finishedresults.com (problems—contact Chris Drescher at 4drescher@gmail.com or by phone at 951-334-8300).
- Make checks payable to “Chaffey College Athletics” and mail to Chaffey College Athletic Department, 5885 Haven Avenue, Rancho Cucamonga, CA 91737-3002
- Checks may also be delivered on race day. Athletes may not compete without submitting the full payment.

Results: Race results will be available following the meet on www.calpreptrack.com and www.finishedresults.com

*“This is a **true cross country course**, void of sidewalks and bike paths, designed by Bill Reeves of Claremont High School. This is a great opportunity for Southern California kids to run on such a great cross country course!”*

Coach Rob Lander, Chaffey College Cross Country

