



2019

Orange Empire Conference Cross Country Championship



- HOST:** Santiago Canyon College
- DATE:** Friday, November 1, 2019
- TIME:** 10:00am - Women (5 kilometers)
11:00am - Men (4 miles)
- LOCATION:** Irvine Regional Park
1 Irvine Park Road (intersection of Jamboree & Santiago Canyon Roads)
Orange, CA 92862
- PARKING:** There is a \$3.00 vehicle entrance fee on weekdays. School Vans & Buses may enter the park without charge on the day of the race.
- COURSE:** The **Women's Course** will be a single loop that is predominantly on dirt trails with a couple stretches of deep grass, two substantial hills, and a couple stretches of pavement (one at the beginning of the race & one at the end of the race). The **Men's Course** will be identical to the women's course for the first three miles and then finishes with an additional mile of flat pavement. This will be a similar course to the one we ran back in 2012. Although it now starts and ends in the same grass field area in the rear of the park, it will be substantially different from the course that is run for Santa Ana College's Howard Brubaker Invitational. The course will be very well marked and we will have a lead cyclist guiding the front pack of runners, but coaches should make sure that your athletes know the course. A mountain bike is recommended if you want to get "mile splits" along the course route.
- ENTRY FEE:** **\$150 per team** (\$300 per program – men's & women's team combined)
Please make checks payable to: Santiago Canyon College
- ENTRY DEADLINE:** Entries will be processed through Direct Athletics and are due by **6:00pm** on **Tuesday, October 29th. NO EXCEPTIONS!!!**
- SCORING:** The first 5 finishers per school will score. The 6th and 7th runners on each team will displace. All additional runners and individuals without complete teams will not be factored into the team scoring.
- AWARDS:** Individual awards to the Top-14 finishers. Team awards to the 1st and 2nd place teams.
- TRAINER:** There will be an athletic trainer (with ice, water, and basic first aid) stationed near the finish area. However, athletes **need to bring their own sports tape & pre-wrap** if they want to get taped before their races.
- QUESTIONS:** Contact **Shawn Cummins:** (714) 628-4910 office / (714) 330-0695 cell
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