



Coach,

Thank you for choosing the Mountie Xpress Invitational as your early season race. We are excited to host your team and look forward to a great day of competition.

This year's two-mile course will feature the valley loop, the saddle, grass valley, reservoir hill, and will finish inside the stadium. Please find the course map and detailed meet information attached below. We can't wait to see you and your athletes on race day!

Final Race Schedule:

7:30 AM-Small School - Freshman Girls
7:40 AM-Small School - Freshman Boys
7:50 AM-Large School - Freshman Girls
8:00 AM-Large School - Freshman Boys
8:10 AM-Small School - Soph Girls
8:20 AM-Small School - Soph Boys
8:30 AM-Large School - Soph Girls
8:40 AM-Large School - Soph Boys
8:50 AM-Small School - Junior Girls
9:00 AM-Small School - Junior Boys
9:10 AM-Large School - Junior Girls
9:20 AM-Large School - Junior Boys
9:30 AM-Small School - Senior Girls
9:40 AM-Small School - Senior Boys
9:50 AM-Large School – Senior Girls
10:00 AM-Large School – Senior Boys

Stadium Entrance:

Once you park in Parking Lot F, please use the tunnel to enter through the front of the stadium. Admission is free for all spectators.

Timing:

- Finished Results Timing.
- All athletes must wear their bib.

Entry Fee:

- \$30 Per individual.
- \$70 per grade level of each gender (4 or more runners).
- Maximum of \$500 if all 8 teams are entered.
- We must receive payment the day of the meet at packet pick up.

Make check out to: Mt. SAC Cross Country/Track and Field Team.

Packet Pick-up:

Will be located at the southwest entrance of the track, right next to the finish line.

**Parking:**

All buses and spectators must park in Lot F in a designated student parking stall. Parking in Lot F is free. Please see the attached map for directions.

Awards:

- First 30 finishers in each race will receive a medal.
- The winner of each race will win a pair of shoes from HIRACER.
- Each winner will receive a ticket that will allow them to redeem their free pair of shoes at the HIRACER tent.

Team Camp:

All team camps must set up on 750 GP field. That is the grass field south of the scoreboard. **(NO TENTS IN THE STANDS)**

Start Line:

Have your athletes arrive to the start line 10 minutes before the start of their race so that we can organize them accordingly.

Notice to Coaches:

As you all know, August can bring extremely hot conditions. Because of this, we have taken precautionary measures and condensed our schedule. At this time, we do not anticipate making any changes to the race schedule; however, the safety of the athletes remains our top priority. We will be monitoring conditions closely and will follow CIF guidelines listed below in making any necessary decisions.

<https://cifss.org/news/heat-illness-prevention-and-heat-acclimatization-policies/>
<https://ksi.uconn.edu/wet-bulb-globe-temperature-monitoring/>

Meet Director:

Giovanni Lanaro

glanaro@mtsac.edu

