

CALIFORNIA BAPTIST UNIVERSITY
CROSS COUNTRY AND TRACK PROGRAM
PRESENTS



2ND
ANNUAL

LANCER XC CLASSIC

DATE: Saturday, September 22, 2012

HOSTS: Martin Luther King High School and California Baptist University

LOCATION: Rancho Jurupa Park, 4800 Crestmore Road, Riverside, CA 92509

COST: \$125 per gender per team, or \$10 per athlete if team is less than 12 entries

Email your interest to shenning@calbaptist.edu or bradapeters@gmail.com as soon as possible. Basic entry info needs to be received by September 8th by email to shenning@calbaptist.edu. Please include name, school, phone, and approximate number of boys and girls.

Girl's Frosh/Soph 5K-7:30 AM (Unlimited Entries)

Boy's Frosh/Soph 5K-8:00 AM (Unlimited Entries)

College Women's 5K-8:30 AM (Unlimited Entries)

College Men's 8K-9:00 AM (Unlimited Entries)

Girl's Varsity 5K-9:45 AM (Up to 10 Entries)

Boy's Varsity 5K-10:15 AM (Up to 10 Entries)

Girl's JV 5K-10:45 AM (Unlimited Entries)

Boy's JV 5K-11:15 AM (Unlimited Entries)

Course: The course is located in a beautiful, newly-renovated park. Mostly flat and runs around two lakes. The majority of the course is grass and dirt, with a very small amount of asphalt. There are challenging turns and trees to navigate through.

Camping: Overnight camping is available at the park. If you desire to make this a team overnight trip, please call Riverside County Parks at (800)234-PARK or go to rivcoparks.org if interested in reserving campsites.

Philosophy: The goal of this meet is to provide a fun early season meet for teams to challenge themselves on a difficult 5 kilometer cross country course. We limited the amount of asphalt and concrete on the course so that athletes will get a feel for what true cross country racing is all about. There will be team scoring in each race. We have allowed for up to 10 athletes to run in the Varsity race to help coaches who are still trying to figure out their top 7 for the season. The day will be short for you and your team, and you are guaranteed to have a great time.

Awards: There will be 25 medals awarded in the Freshman, JV, and Varsity races. Awards will be given out to the top 3 teams in each JV and Varsity race. Awards will be given out to Men's and Women's Varsity Individual Champions.