

**27th ANNUAL WESTMONT COLLEGE CROSS COUNTRY INVITATIONAL**  
SATURDAY SEPTEMBER 15, 2007

MEN 9:30 AM 8000 meters WOMEN 10:20 AM 5000 meters

TEAMS INVITED: CAL TECH, FRESNO PACIFIC, CHAPMAN, CAL LUTHERAN,  
THE MASTER'S, WHITTIER, REDLANDS, VANGUARD, BIOLA, OCCIDENTAL,  
SAN DIEGO CHRISTIAN, CS SAN MARCOS, LA VERNE, BERRY, CSU HAYWARD  
SAN LUIS DISTANCE CLUB, COLLEGE OF NOTRE DAME, INDIANA WESLEYAN  
SBAA, POINT LOMA, CSU MONTEREY, SOKA, Future Track Club

**Coaches, alumni and open athletes are welcome to compete.**

BE PREPARED FOR WARM WEATHER - HAVE ATHLETES WELL HYDRATED

Double loops on campus course that starts and ends on the track

Scoring will be the standard displacement with 5 runners scoring and  
2 runners able to displace. Unlimited entries allowed per team.

Showers are available at pool locker rooms. Bring your own towels.

ENTRY FEE is \$25 per team or \$45 for combined men's and women's  
\$5 for individuals without a team affiliation  
MAKE CHECKS PAYABLE TO: WESTMONT CROSS COUNTRY

Sports Medicine First Responders will be available at the track

PARKING: All team vehicles park in the lot above the baseball field.

Lunch Suggestions:(good food, good friends, convenient locations north and south)

**Westmont Dining Commons**, pay at the door.

**Peabody's** 1198 Coast Village Road(805) 969-0834 (2 miles down the hill)

**East Beach Grill** 1118 E Cabrillo (805) 965-8805 (right on the beach)

**D'Vines** 205 W Canon Perdido (805) 963-9591 (individual sandwiches  
made to order, most foolproof team order in SB, can order online)

MAIL ENTRIES TO: Russell Smelley Westmont College Athletics  
955 La Paz Road Santa Barbara, CA 93108  
or e-mail to smelley@westmont.edu  
or FAX to (805) 565-6221

MAIL BY FRIDAY SEPTEMBER 7 OR FAX, E-mail BY MONDAY SEPTEMBER 10  
For more information call (805) 565-6108

DIRECTIONS: **101 North** 1.exit on Olive Mill and turn right 2.next stop sign, turn left on  
Hot Springs 3. next stop sign, turn right on Sycamore Canyon 4. Next stop sign, go  
straight 1 mile 5. next stop sign turn right on Cold Spring Road (fire station across the  
street and Cold Spring School at the corner) 5.Go 1/2 mile and turn left on to campus and  
follow to bottom of the hill straight to the track and turn right up the hill to park

**101 South** a. exit Olive Mill Road and turn left at the stop sign on to Olive  
Mill b.next stop sign go straight c. follow #2 above and on to Westmont