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