

2016 Hoka One One Bella Vista Bronco Cross Country Invitational – Entry and Meet Information

Date: Saturday, October 15, 2016

Location: Willow Hills Cross Country Course at Folsom High School
1655 Iron Point Road
Folsom, CA 95630

Directions to Folsom High School Campus - Willow Hills Cross Country Course: The Folsom High School Campus is located approximately 23 miles northeast of Sacramento. Take US Highway 50 east from Sacramento and exit on Prairie City Road (PCR). Go north (turn left) on to Prairie City Road and proceed approximately 0.7 miles to Iron Point Road (IPR) and turn right. The main entrance to the Folsom High School Campus and the student parking lots are approximately 0.2 miles from the PCR-IPR intersection. A detailed map to the Folsom High School Campus and the location of athlete/spectator parking is available on our website at <http://www.bvtrack.com/>.

Folsom High School Parking: Parking is available in the student parking lots on the Folsom High School Campus and adjacent to the cross country course. In past years Folsom High School has charged \$5.00 for parking and although we don't know if this will be the case this year we don't anticipate any changes in their policy. For a detailed map, see our website at <http://www.bvtrack.com/>.

Folsom High School Facilities: No lockers or showers will be available, so have your athletes come dressed to compete. Restroom facilities will be available adjacent to the "cross country course" in the Folsom High School campus.

Willow Creek Cross Country Course: The course is composed entirely of semi-hard packed dirt trails and gravel roads. The freshman girls and boys and sophomore girls and boys 2.11 miles courses are rolling with one (1) challenging hill, while the 3.11 miles course contains four (4) challenging hills. No cross country spikes will be allowed, only cross country racing flats. Detailed course maps will be available on the day of the meet at the "Team Check-In Area" adjacent to the "Finish Line Area". Course maps are also available on our website at <http://www.bvtrack.com/>.

Check-In Time and Location: Pick up your team packets at the "Team Check-In Area" adjacent to the "Finish Line Area" starting at 7:30 AM on race day.

Course Walk Through: The course will be available for "walk-throughs" until 8:50 AM on race day – ten minutes prior to the start of the first race.

Meet Schedule: We will adhere to this schedule – no race will begin before the specified starting time.

Race No.	Race	Distance (miles)	Check-In at Starting Line	Starting Time	Athlete Limit
1	Frosh/Soph Boys – Large	2.11	8:50 AM	9:00 AM	10
2	Frosh/Soph Girls – Small	2.11	9:15 AM	9:25 AM	Unlimited
3	Frosh/Soph Boys – Small	2.11	9:40 AM	9:50 AM	10
4	Frosh/Soph Girls – Large	2.11	10:05 AM	10:15 AM	Unlimited
5	Frosh/Soph Boys – Unlimited*	2.11	10:30 AM	10:40 AM	Unlimited
6	Varsity Girls – Large	3.04	10:55 AM	11:05 AM	10
7	Varsity Boys – Large	3.04	11:25 AM	11:35 AM	10
8	Varsity Girls – Small	3.04	12:00 PM	12:10 PM	10
9	Varsity Boys – Small	3.04	12:35 PM	12:45 PM	10
10	Junior Varsity Girls**	3.04	1:05 PM	1:15 PM	Unlimited
11	Junior Varsity Boys**	3.04	1:45 PM	1:55 PM	Unlimited

***Frosh/Soph Boys Unlimited Race:** A F/S boys team of at least five members must be entered before entering athletes into the Frosh/Soph Boys Unlimited race.

****JV Race Classifications:** A varsity team of at least five members must be entered before entering athletes into the junior varsity division.

Awards: Individual awards (medals) will be distributed to the “top finishers” as they exit the finish chute. Note that there are only one set of “combined” awards in the junior varsity girls and junior varsity boys classifications.

Race Classification	Individual Medals		Team Awards (Top 7 Runners)	
	Division		Division	
	Small	Large	Small	Large
Frosh/Soph Girls	1 st -20 th	1 st -25 th	1 st -2 nd	1 st -2 nd
Frosh/Soph Boys	1 st -20 th	1 st -25 th	1 st -2 nd	1 st -2 nd
Varsity Girls	1 st -25 th	1 st -30 th	1 st -2 nd	1 st -2 nd
Varsity Boys	1 st -25 th	1 st -30 th	1 st -2 nd	1 st -2 nd
JV Girls/Boys F/S Boys Unlimited	1 st -20 th		None	

Declaring Your Intent To Enter: First make sure you have registered for a free www.athletic.net team account then send a request to enter through athletic.net. Once we receive your request you will be confirmed/rejected on athletic.net on a "first come, first served basis." You will need to monitor your athletic.net team page to see if you have been confirmed or rejected. The deadline to declare your intent to enter is **Wednesday, October 5, 2016 at 8:00 pm.**

Entering Your Athletes: Once we have received your request and your entry has been confirmed your athletes can be entered into the meet at www.athletic.net. Instructions for opening a free athletic.net account and entering athletes on athletic.net are available at our website. Please note that once you have submitted your intent to enter, your school is responsible for the minimum school participation fee (whether your school participates or not). Entries will close on athletic.net on **Friday, October 7, 2016 at 8:00 pm.**

Entry Fees: See table below for entry fees.

Item	Fee Schedule
Per Individual Athlete (4 or fewer runners in one race)	\$12.00
Per Team (5 or more runners in one race)	\$80.00
Minimum per School	\$30.00
Maximum per School	\$250.00

PLEASE NOTE: **There is a \$30 charge for each chip not returned!**

Make checks payable to Bella Vista High School. All entry fees are due by **Wednesday, October 12, 2016.** Please send checks to:

Bella Vista High School
Attn. Dave Unterholzner
8301 Madison Avenue
Fair Oaks, CA 95628

If necessary, school checks, personal checks, and/or cash are acceptable for entry fee payment on the day of the meet.

T-Shirts and Refreshments: Meet T-shirts and refreshments (e.g., doughnuts, coffee, juice, water, and soda) will be available at the meet for a nominal fee.

If you need any further information contact Tom Laythe - email at - tlaythe@yahoo.com or Dave Unterholzner email at - daveu@surewest.net.

!! Thanks for your interest in the 2016 Bella Vista Bronco Cross Country Invitational !!