



SKYLINE HIGH SCHOOL PRESENTS
MILLS CROSS COUNTRY INVITATIONAL
Saturday, September 19, 2009, Mills College
5000 MacArthur Blvd., Oakland, CA

We look forward to hosting your team at the 22nd Annual Mills College Invitational. The Invitational is open to Division I, II, and III colleges and universities, two-year colleges, and open and masters individual competitors. This year we are pleased to co-host the meet with Skyline High School, and offer CIF-sanctioned Varsity and JV races for all high school teams. An awards ceremony and lunch will follow the men's race at 12:00 noon.

Race Schedule

8:00 a.m.	Girls	High School JV (unlimited entries)	2 miles
8:30 a.m.	Boys	High School JV (unlimited entries)	2 miles
9:00 a.m.	Girls	High School Varsity (limit 7 athletes)	5000m
9:45 a.m.	Boys	High School Varsity (limit 7 athletes)	5000m
10:30 a.m.	Women	Collegiate/Open (unlimited entries)	5000m
11:15 a.m.	Men	Collegiate/Open (unlimited entries)	8000m

Entries

-All team and individual entries must be received by midnight Monday, September 14 on www.directathletics.com. Individual entries should be entered by creating an ATHLETE account on directathletics.com. Team entries should be entered by creating a TEAM account on directathletics.com. No new entries will be accepted on race day.

-List all possible runners, then declare and pay for runners on race day.

-If you have already entered a team, scratches can be made up to 30 minutes prior to race time.

-Please email ldavis@mills.edu if you do NOT plan to attend the post-race lunch.

Fees

Collegiate Team entry fees are \$75 per team (5 or more people) per gender. If you are bringing both a men's and women's team, the total is \$150. Groups of five or more count as a team and will receive the team rate. The fee for individuals and open runners for the collegiate/open races is \$18 per person. Checks for the collegiate/open races should be made payable to MILLS COLLEGE ATHLETICS.

High School Team entry fees are \$50 per team (5 or more people) per gender. If you are bringing both a girls' and boys' team, the total is \$100. The fee is the same whether or not a team is entered in JV and/or Varsity races. The fee for individual high school runners is \$12 per person. Checks for the high school races should be made payable to SKYLINE HIGH SCHOOL ATHLETICS.

Awards & Results

The first five places on each team will count toward a team score for all races. Race results will be posted prior to the awards ceremony, and will be available online at the Mills website as well as on Direct Athletics. Medals will be awarded to the top five runners in each race. Trophies will be awarded to the top team in each race.

Course

We are pleased to welcome your team to our home course on the Mills College campus. The course will be on grass, dirt, woodchip trails, and some pavement. There is one challenging hill on the course. Spikes are not allowed on this course; racing flats are recommended.

Additional Information

- The course will be available for warm-up/preview starting at 7:00 a.m. on race day.
- Parking is only allowed in Richards lot when races are not happening. If you park in Richards lot, please arrive before 8:00 a.m., and depart after noon. Those unable to arrive and depart during these times may park elsewhere on campus.
- Packets can be picked up at the start/finish area south of the Richards lot (the lot next to the front gate).
- There are no bathrooms at the start/finish area. All runners must use the bathrooms in Haas Pavilion prior to race.
- An athletic trainer will be available at the course starting line at 8:00 a.m. and in the Haas training room starting at 7:30 a.m. Turn in your athlete emergency and insurance information to the trainer at the starting line.
- No shower facilities will be available on site.
- The course will include one water stop at mile 2 for all races.

Questions

Contact race director Carol Berendsen with any questions or concerns. carolb@mills.edu, 510.430.3351.