



67th ANNUAL AZTEC Cross Country Invitational

Saturday – September 17th 2011

General Information

Race Times	8:00 AM	– Women Open (5K)
	8:30 AM	– Women Invitational (5K)
	9:00 AM	– Men Invitational (8K)
	9:30 AM	– Men Open (8K)
	10:00 AM	– <i>NEW!</i> Community Race (5K)

Courses will be marked with flags and chalk. Course maps attached.
Spikes are not recommended

Entry Guidelines	Invitational	– NCAA DI and Top Tier College Teams (No Unattached Runners)
	Open	– Other NCAA, NAIA, Community College Teams & Unattached Elites
	Community	– Any individual of any gender or age

Location	Balboa Park Quince Dr. & Balboa Dr. San Diego, CA 92101	Registration, packet pick, athletic trainers and restrooms will be near finish line south of Quince Dr. Recommend parking on 6 th Ave. Anticipate that several roads at the park will be closed this weekend.
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Directions

From The North
Take I-5 South to I-805 South to CA-163 South.
Take Exit 2C toward University Ave.
Bear right onto 6th Ave.
Finish line, registration and packet pick up will be on right just past Quince Dr.

From The East
Take the 8 West and exit 14A for CA-125 North toward CA-94 South.
Keep left at the fork, follow signs for CA-125 South.
Take exit 15 on the left to merge onto 94 West.
Take exit 1A onto 5 North. Take exit 16B for 6th Ave.
Turn right at 6th Ave.
Finish line, registration and packet pick up will be on right just past Quince Dr.

From The Airport
Head East on N Harbor Dr. toward Rent a Car.
Turn left at W Laurel St.
Turn right at 6th Ave.
Finish line, registration and packet pick up will be on right just past Quince Dr.

**Entry
Procedures**

All entries must be completed online at:

<http://finishedresults.com/content/67th-annual-aztec-xc-invitational>

- College team entry deadline is **Wednesday, September 14th**. Entries received after the deadline will not necessarily be accepted.
- 7 to 10 runners per team. Top 5 will score with the next 2 runners displacing.
- Computerized race results will be posted on-line and will also be available for each team following the completion of each race.
- Please be honest when placing your team in the open or invitational race. All NCAA DI teams will be placed in the Invitational race unless coaches request otherwise.

Entry Fees

\$125 – College team (up to 10 athletes per team)

\$25 – Unattached Open race elites and Community race entrants

\$30 – Day of meet individual entry fee

Payment can be on-line with a credit card when entering the meet. Mail-in registration instructions for unattached elites and community race entrants can be found on the meet entry website

College team checks should be made out to: San Diego State Cross Country
College teams must make payment before the start of the competition or mail to:

Aztec Cross Country Invitational
San Diego State University
Department of Athletics
5500 Campanile Dr.
San Diego, CA, 92182 - 4313

Facilities

There are no dressing or shower facilities at the course. Please have your teams come dressed for competition. Restrooms will be available.

Trainers

San Diego State athletic trainers will be in place one hour before the first race begins to provide aid to any athlete who may require assistance.

IF ANY OF YOUR ATHLETES REQUIRE SPECIAL ASSISTANCE, PLEASE HAVE YOUR ATHLETIC TRAINING STAFF CONTACT OUR ATHLETIC TRAINERS AT (619) 594-5551 TO MAKE NECESSARY ARRANGEMENTS.

**College Team
Awards**

Trophies will be awarded to the top three teams in invitational races.
Top 5 individual invitational winners will also receive awards.

**Community Race
Awards**

Medals will be awarded to the top three finishers in the following Age Groups:
8 and Under 9-12 13-17 18-23 24-29 30-34 35-39
40-44 45-49 50-54 55-59 60-64 65+

Commemorative T-Shirt for all community race entrants

**Contact
Information**

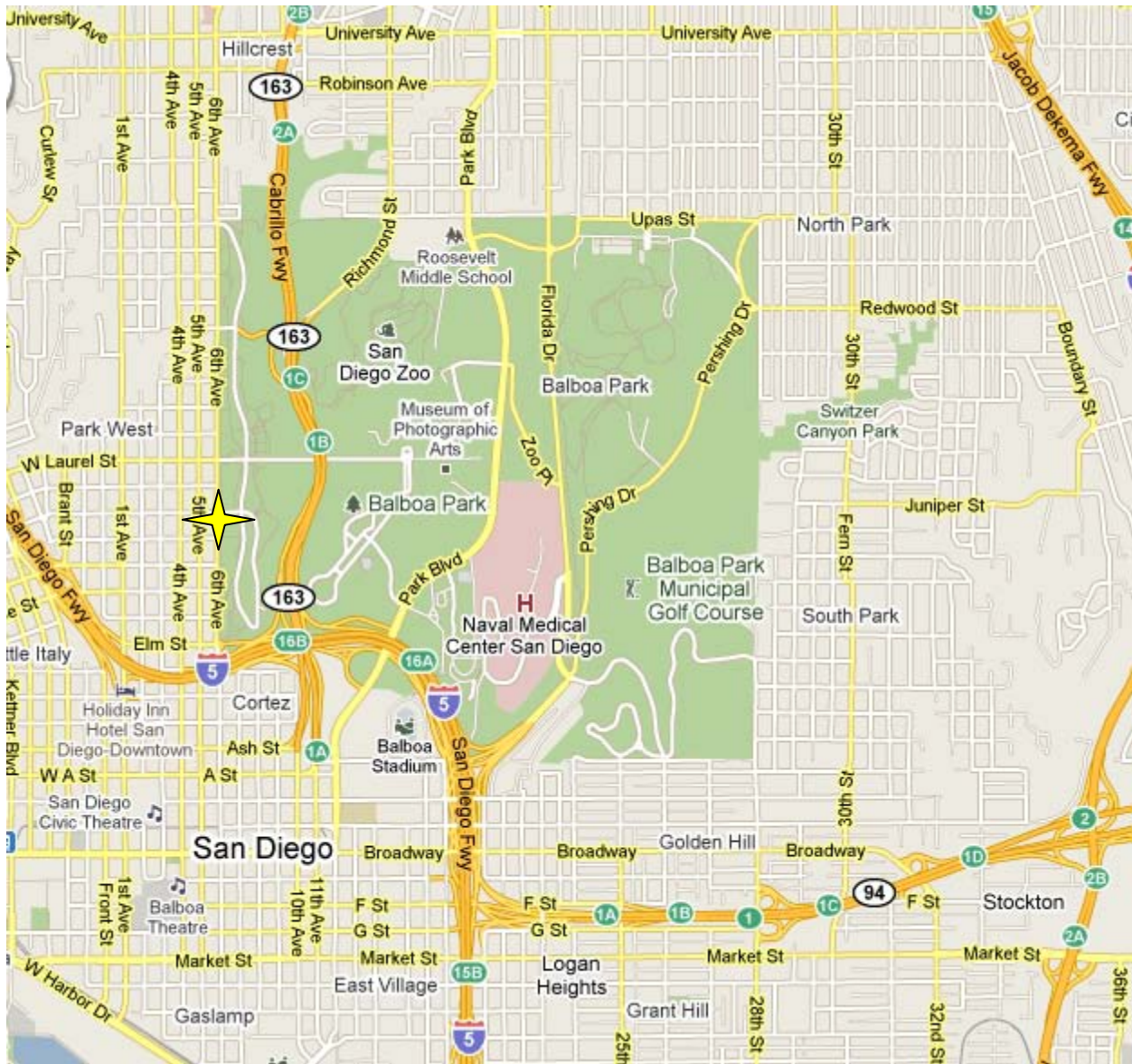
Head Coach: Shelia Burrell (619) 594-5514

sburrell@mail.sdsu.edu

Online Entries: Chris Drescher (951) 334-8300

cdrescher@finishedresults.com

Area Map



Course Map

Men Aztec Invitational 8K

Coaches Note: The Red area of the course will be closed on the Friday before the meet. Please have athletes follow 8th Drive to meet back up with the course.



Course Map

Women and Community Race Aztec Invitational 5K

Coaches Note: The Red area of the course will be closed on the Friday before the meet. Please have athletes follow 8th Drive to meet back up with the course>



Travel Accommodations

'Run of the World' Travel Services - FlexiTours San Diego, California
by Steve Churchill www.runoftheworld.com tel-619-235-9669



Group Restaurant and Group Event Discounts available for visiting teams

Visit

http://www.runoftheworld.com/Aztec_Invitational/

- When preparing to travel, lay out all your clothes and all your money. Then take half the clothes and twice the money. ~Susan Heller
- I travel a lot; I hate having my life disrupted by routine. ~Caskie Stinnett
- The traveler sees what he sees. The tourist sees what he has come to see. ~G.K. Chesterton
- The World is a book, and those who do not travel read only a page. ~St. Augustine
- I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move. ~Robert Louis Stevenson
- I have found out that there ain't no surer way to find out whether you like people or hate them than to travel with them. ~Mark Twain
- Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime. ~Mark Twain
- Thanks to the Interstate Highway System, it is now possible to travel across the country from coast to coast without seeing anything. ~Charles Kuralt, On the Road With Charles Kuralt

OTHER SITES BY RUN OF THE WORLD

- IgoUGo - Travel site
- www.sdcausa.com - San Diego, California, USA -
- www.conciergefags.com - San Diego hotel guests FAQs
- www.balboapark.us - Balboa Park, San Diego, California
- www.bajamexicovacations.com - Baja Holiday Info
- www.missionvalleymagazine.com - Mission Valley Magazine
- www.skyalbum.com - photo slideshow site.