

20TH ANNUAL VANGUARD INVITATIONAL
SATURDAY, OCTOBER 10, 2009
FAIRVIEW PARK, COSTA MESA

TIMES: 9:00AM: **WOMEN'S 5K**
10:00AM: **MEN'S 8K**

ENTRIES: \$50.00 PER TEAM (\$100.00 FOR BOTH MEN'S & WOMEN'S TEAMS)
\$20.00 PER INDIVIDUAL (IF UNATTACHED)
ENTRIES DUE BY MON. OCTOBER 5TH.
MAIL (OR) EMAIL (OR) FAX: 714-668-6144
ALL CHECKS PAYABLE TO: VANGUARD UNIVERSITY X-COUNTRY

SCORING: COLLEGIATE & CLUB TEAMS WILL BE SCORED TOGETHER
TOP-5 FINISHERS PER TEAM WILL SCORE.

5K & 8K AWARDS: TOP INDIVIDUAL IN EACH RACE RECEIVES A PLAQUE
2ND – 15TH PLACE FINISHERS RECEIVE MEDALS
TOP TEAM IN EACH RACE RECEIVES A PLAQUE

COURSE: 80% DIRT TRAILS, 15% ASPHALT BIKE PATH, 5% GRASS. MOSTLY FLAT,
SOME ROLLING & ONE STEEP HILL (WOMEN RUN ONCE, MEN TWICE)

MEET RECORDS: WOMEN'S 5K: JACKIE KIPWAMBOK (AZUSA PACIFIC) **17:04** (10-11-08)
MEN'S 8K: ARON RONO (AZUSA PACIFIC) **24:38** (10-11-08)

COURSE RECORDS: WOMEN'S 5K: NEW COURSE FOR 2009
MEN'S 8K: NEW COURSE FOR 2009

BATHROOMS: BATHROOMS AVAILABLE NEAR THE FINISH AREA

LOCAL HOTELS: SEE ENCLOSURE

DIRECTIONS TO FAIRVIEW PARK:

FROM 405 (San Diego Freeway): Exit Harbor Blvd. If traveling South, go right on Harbor Blvd.
If North, go left on Harbor Blvd. Turn right on Adams, left on Placentia, right at Fairview Park.
FROM 55 (Costa Mesa Freeway): Take 405 North (and follow directions above).

ADDITIONAL PARKING: Available at Estancia High School (just south of Fairview Park).

**20TH ANNUAL VANGUARD INVITATIONAL
TEAM ENTRIES**

SCHOOL: _____ **PHONE:** _____

COACH: _____ **FAX:** _____

WOMEN'S ENTRIES: (PLEASE PRINT)

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MEN'S ENTRIES: (PLEASE PRINT)

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18. _____

ENTRIES MUST BE RECEIVED (MAIL, EMAIL OR FAX) BY MONDAY, OCTOBER 5TH

Vanguard Athletics, Bryan Wilkins, 55 Fair Dr, Costa Mesa, CA 92626 FAX: 714-668-6144

**VANGUARD UNIVERSITY
RECOMMENDED LOCAL HOTELS**

Radisson Hotel Newport Beach

4545 MacArthur Blvd.

Newport Beach, CA 92660

949.833.0570

*Ask about the Vanguard Special Rate!

Holiday Inn Costa Mesa

3131 Bristol

Costa Mesa, CA 92626

714.557.3000

*Ask about the Vanguard Special Rate!