



**2003 CALIFORNIA COMMUNITY COLLEGES
COMMISSION ON ATHLETICS CROSS COUNTRY
CHAMPIONSHIP
HOSTED BY FRESNO CITY COLLEGE**

Sanctioned by the California Community College Commission on Athletics.

Sponsored by Blue Diamond Growers, Pepsi, Snug Harbor Wovens, Russell Athletic, Renaissance Agencies, Inc., BuzzOnCampus, Choice Hotels, Fieldturf, Herff Jones, Office Depot, Northwestern Mutual Financial Network and Del Costa Cheese Co.

Date: November 22, 2003

Site: Woodward Park

Starting Times: Women=s 3.1 miles @ 10:00 A.M.
Men=s 4.0 miles @ 11:00 A.M.

Meet Ramada Inn
Headquarters: 324 East Shaw Avenue
Fresno, CA 93719 (559) 224-4040

*Please note that **Choice Properties** is a COA sponsor, therefore please consider making reservations at one of their affiliated motels:*

Quality Inn (559 229-5811

Comfort Suites (559) 435-5650

Comfort Inn (559) 275-2374

Scheduled Meetings: No Friday night Coaches Association Meeting

Qualifying: Eighteen (18) teams, 8 from the North Region and 10 from the South Region, will qualify for the State Meet. The top 15 individuals from each regional who are not a member of a qualifying team and who finish in the top 30% of the regional championship finishers shall advance to the state championships.

Tee Shirts: Souvenir 2003 State Meet shirts will be available for \$12.00 each.

No Spikes Rule: Spikes will **not be allowed** on the course for safety reasons. Any athlete wearing spikes will be disqualified.

Awards: Team and individual presentations will be made near the finish line at the conclusion of the Men=s Race.

Finish Chute: Each qualifying team is required to provide (1) volunteer for the finish chute. **Check in will be at the finish line at 9:30 A.M. Experienced chute helpers are essential to ensure accurate race results.**

Entry Fee: **\$13.00 PER ATHLETE.** You must pay by check or cash on the course at Mountain View Shelter on Friday afternoon from 3:00 p.m. to 5:00 p.m., November 21st, or Saturday morning, November 22nd, from 7:30 a.m. - 9:30 a.m.

Make checks payable to **FCC Cross Country.**

Entry Deadline: Athletes must be entered through ***directathletics.com*** by Tuesday, November 18, 2003, at 5:00 p.m.

A late fee of \$25 per athlete will be assessed after the entry deadline (\$100 maximum).

Substitutions: You may enter up to 7 athletes through ***directathletics.com***. Substitutions may be made at the Friday evening coaches meeting.

Course Maps & Lodging: Information is available at the ***norcalstat.com*** web site.

Questions: Contact Gary Bluth at (559) 442-4600, ext. 8440.

Media Relations: Credentialing and on-site media relations to be directed by Fresno City College Sports Information Director Woody Wilk. He can be contacted at 559.442.8229.