

2009 Schedule for Crystal Springs Cross Country Course

FINAL SCHEDULE

<i>Date</i>	<i>Time</i>	<i>Race Name</i>	<i>Race Director</i>	<i>Contact</i>
August				
Thursday, Aug 27, '09	3:15	Serra Time Trials Practice	Will McCarthy, Serra	wmccarthy@serrahs.com
September				
Tuesday, Sep 1, '09	3:00	Aragon & Mt. Pleasant	Bill Daskarolis, Aragon	510-552-4125
Thursday Sep 10,09	3:00	CSUS Practice	Albert Caruana	acaru@csus.org
Saturday, Sep 12, '09	9:00a	Serra Intersquad Practice	Will McCarthy, Serra	wmccarthy@serrahs.com
Tuesday Sept 15 ,2009	3:30	SFHS Practice	Mandy Benham	mandyfrance@yahoo.com
Wednesday, Sep 16, '09	4:00	CSUS The Relay Jamboree	Dave Robertson	drobe@csus.org
Thursday 9/17/2009	3:00	CSU Practice	Albert Caruana	acaru@csus.org
Tuesday Sept 29 ,2009	3:30	SFHS	Mandy Benham	mandyfrance@yahoo.com
Wednesday Sep 30, '09	3:30	Small School League	Scott Douthit	lynndance@astound.net
October				
Friday, Oct 2, '09	3:00	JC Crystal Springs Invite	Joe Mangan, CSM	650-574-6448
Monday, Oct.5, '09	3:00	CSU Practice	Albert Caruana	acaru@csus.org
Tuesday, Oct 6, '09	3:00	PAL Intro	Bill Daskarolis	bdasko@comcast.net
Wednesday, Oct 7, '09	3:00	ISAL/GISAL	Albert Caruana	acaru@csus.org
Thursday Oct. 8, '09	3:00	SCVAL Preview Meet	Earnie Lee	erndog@alumni.princeton.edu
Saturday, Oct 10, '09	9:00	Serra Invitational	Will McCarthy	wmccarthy@serrahs.com
Monday, Oct 12, '09	3:00	Mitty Practice	Mark Frise	mafrise@yahoo.com
Tuesday Oct 13, 09	3:30	SFHS Practice	Mandy Benham	mandyfrance@yahoo.com
Wednesday, Oct 14, '09	3:00	Terman Invitational	Karen Saxena	heypalermo@aol.com
Thursday, Oct 15, '09	3:15	Center Meet #1	Bill Daskarolis	bdasko@comcast.net
Wednesday, Oct 21,09	3:30	Small School League	Scott Douthit-C. Armstrong	Lynndance@astound.net
Thursday, Oct 22, '09	3:15	Center Meet #2	Bill Daskarolis	510-552-4125
Friday, Oct 23, '09	4:00	ADAL League	Karen Saxena	heypalermo@aol.com
Saturday, Oct 24, '09		SH Cathedral Practice	Andy Chan	415-420-7149
Saturday, Oct 24, '09	9:00	CSU Practice	Albert Caruana	acaru@csus.org
Monday, Oct 26, '09	3:15	Serra Practice	Will McCarthy	wmccarthy@serrahs.com
Tuesday, Oct 27, '09	3:00	BAIAL Championships	Dave Robertson	drobe@csus.org
Wednesday, Oct 28,09	2:30	Coast Conference Champs	Joe Mangan	kkmckm@aol.com
Thursday, Oct 29, '09	3:15	Center Meet #3	Bill Daskarolis	510-552-4125
Saturday, Oct 31, '09	9:00	West Coast Conf.	Bob Rush	595-3619
November				
Monday, Nov 2, '09	12:30	BVAL	Colette Kirk	408-265-5409
Tuesday, Nov 3, '09	2:00	SCVAL	Julie L'Heureuz	jolheureuz@aol.com
Wednesday, Nov 4, '09	2:00	WCAL III	Will McCarthy Serra	wmccarthy@serrahs.com
Thursday, Nov 5, '09	1:00	PAL	Bill Daskardolis	510-552-4125
Friday, Nov 6, '09	2:00	WBAL League	Al Caruana	acaru@csus.org
Saturday Nov 7, '09	10:00	NorCal Championships	Joe Mangan	kkmckm@aol.com
Saturday Nov 14, '09	10:00	Central Coast Section	Bill Daskardolis	bdasko@comcast.net
Thursday, Nov 26, '09	9:00	Don Dooley Turkey Trot	Bob Rush	595-3619

2009 Revision #15...Revised...September 2, 2009

Bob Rush
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All schools that compete on the **Crystal Springs Cross Country Course** will be charged a flat rate of \$20.00 per school per competition. It is the meet director's responsibility to collect the fees for the season and pay the fee to **CSM/Crystal Springs Account** and send the \$ to

**Joe Mangan,
% Athletic Dept.,
College of San Mateo,
1700 West Hillsdale Boulevard,
San Mateo, CA**

Race Directors should be prepared to pay for police parking assistance to the **Belmont Police Department** for any large race.

Teams that conduct an organized practice on the course are also expected to pay the \$20 use fee.

Reminder: This year we are attempting to have all teams carry out their recyclable items. This includes all plastic bottles. They should be emptied and their caps should be removed and they should be crushed to save space. All cardboard boxes. Should be collapsed and folded. We will have extra plastic bags available at the shed. Not only will this help our environment but it will save tremendous space in the debris box. Thank you for your cooperation. Be sure to have your coaches go over the course rules and regulations with their teams. Rules found on norcalstat.com.

The course has been in operation for 37 years. Not knowing the rules will not be accepted as an excuse. Violators will be fined. In case you get questioned on where the money goes for use fees and fines, each chemical toilet costs about \$100 per month each. At the peak of the season there will be 14 units including one handicap unit. The season cost for this one item is over \$3,000 a year. I will attempt to send out a mid-season newsletter if necessary. I will do so only if there is an abundant amount of violation of the rules Good luck for the upcoming season.

Bob Rush