



Track & Field
 Cross Country
 Race Management
 Sports Development
 Team Training Program
 {Since 1988}

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2011 TAH NEVA LEAGUE CROSS COUNTRY CHAMPIONSHIP

Kahle Park Cross Country Course

Friday, 21 October 2011 at 2:00pm (Start)

APPROX. DIST.	6 th /7 th Grade GIRLS	2.13 miles (GPS)	2:00pm
TIME/DIVISIONS:	6 th /7 th Grade BOYS	2.13 miles (GPS)	2:40pm
(PLEASE NOTE: GIRLS RUN FIRST)	8 th Grade GIRLS	2.63 miles (GPS)	3:15pm
	8 th Grade BOYS	2.63 miles (GPS)	3:50pm
	Awards Ceremony (Finish Line)	Top Team Trophies	4:45pm

Race Times are Approx. races may start up to 10 minutes early or Final Finisher

THE COURSE: This well-marked course is use for USATF Age Group, Middle/High School, and Community College cross country meets. The grass start/finish is at Kahle Park with 90% dirt trail, and of course we welcome all runners to our famous: "DEADMAN'S and WHOA MAMA! HILLS"

AWARDS: Top 10 Finisher Medals All Finisher Ribbons
 Team Championships Award each divisions Girls/Boys 1st - 2nd

RACE RESULTS: Posted after each Race near restroom building
 Team Scores at Awards Ceremony 4:45pm at Finish Line
 Web site: www.ADSportsTahoe.com

CONCESSIONS: **By Lake Tahoe Track Club! > Junior Olympic XC Program**
Pizza \$2.00/Hot Dogs \$1.00/Drinks and snacks

REST ROOMS: Available at Kahle Park & Recreation Building Area Only!
SPECTATORS: No Dogs Allowed! @ Douglas County Park Facilities (Thank You!)

SPECTATOR PARKING & INSTRUCTIONS:

NO DOGS or GLASS BOTTLES! ALLOWED IN DOUGLAS COUNTY PARK FACILITIES

Park in designated areas only! Best event parking at lower basketball courts and parking garage until full. Additional parking will be available within walking distance.

BUS PARKING & INSTRUCTIONS:

**** Please note that All Buses must park in designated areas only****

Bus parking at Lakeside Inn Casino

All Team Buses must enter from HWY 50 & Kahle. Go uphill for athlete Drop-off.
 Drop off your athletes in Kahle Park then exit on Kingsbury Grade; Turn right, go downhill back to Hwy 50; Turn right, go to 1st light at (Kahle drive); Turn left, go to 1st left and park in northeast corner of Back Lot until full.(additional bus parking(TBA) . **Bus pick up begins at 4:30pm**

AD Sports Tahoe & Lake Tahoe Track Club would like to thank all Athletes, Coaches, Administrators, Volunteers, and most important Parent Supporters