

NOVATO UNIFIED SCHOOL DISTRICT

SWARM AND STAMPEDE

CROSS COUNTRY INVITATIONAL (14th ANNUAL)

Date: October 18, 2019
 Location: Indian Valley College athletic fields (CAR POOLING SUGGESTED!!)
 Hosts: Novato and San Marin High School Cross Teams
 Format: A special opportunity for the Novato schools and community to come together in the Fall. There will be eight separate races on trails and grass.

Age Group	Race Length	Time	Medals	Ribbons
K-1	¼ mile	3:45 girls	1-10	all others
		3:50 boys	1-10	all others
2-3	¼ mile	3:55 girls	1-10	all others
		4:00 boys	1-10	all others
4th	¼ mile	4:05 girls	1-10	all others
		4:15 boys	1-10	all others
5 th	½ mile	4:25 girls	1-10	all others
		4:35 boys	1-10	all others
6-8	1 mile	4:45 girls	1-10	all others
		5:00 boys	1-10	all others

NOVATO SCHOOLS WILL BE COMPETING FOR AN ELEMENTARY AND A MIDDLE SCHOOL TRAVELING TROPHY

Past winners: 2006 Rancho and Hill 2010 Rancho and Sinaloa 2014 Rancho and Sinaloa
 2007 Rancho and Sinaloa 2011 Rancho and San Jose 2015 Rancho and Sinaloa
 2008 Rancho and Sinaloa 2012 Rancho and Sinaloa 2016 P. Valley and Sinaloa
 2009 Rancho and San Jose 2013 Rancho and Sinaloa 2017 LOMA VERDE / SINALOA
 2018 LOMA VERDE / SINALOA

Entry Fee: \$2.00 for all. All registration will be done at IVC fields near bathrooms race day unless your school has made other arrangements with Mr. Bousquette.

Contact Information: George Bousquette (teacher/coach)
georgeb@nUSD.org