



*San Diego – Imperial USATF Association  
2019 Open and Masters Cross Country  
Championships*

**USATF / Road Runner Sports Dirt Dog Cross Country Series  
Tecolote Shores – East Mission Bay Park**



**Hosted by San Diego City and  
Cuyamaca Colleges**



- DATE:** Sunday, November 10, 2019
- SCHEDULE:** 8:00 am Women's 6K (Register at [www.athletic.net](http://www.athletic.net))  
9:00 am Men's 8K (Register at [www.athletic.net](http://www.athletic.net))  
10:00 am "Dirt Doggies 2K" 12 and under (Day of event registration only)
- LOCATION:** Tecolote Shores – East Mission Bay Park. The course is located just south of the Hilton Hotel in East Mission Bay Park. This is the same course that was used for the 2008, 2011 and 2020 USATF National Championships.
- COURSE:** The course is almost entirely on grass with a few sidewalk crossings. Spikes are permissible.
- PARKING:** Street parking is free and available in and around Mission Bay
- COST:** \$17.00 per individual online + Registration Fee and \$25 for Day of Race Registration
- REGISTRATION:** Registration is available at [www.athletic.net](http://www.athletic.net)  
Day of Race Registration & Bib Number Pick up will begin at 6:15am
- AWARDS:** Over \$5,500 will be awarded at these Championships based on the Dirt Dog series results.
- INFORMATION:** Contact Meet Director Ian Cumming at (619)370-9866;  
[icumming@sdcdd.edu](mailto:icumming@sdcdd.edu) Or Thom Hunt; [coachhunt619@gmail.com](mailto:coachhunt619@gmail.com)

Proceeds will be split between San Diego City College and Cuyamaca College Cross Country Teams. Volunteers are welcomed to assist at the meet. If you have friends or family who are willing to volunteer, please contact the Meet Directors prior to the meet or check-in at Registration by 6:30 am on the day of the race.