

*San Diego – Imperial USATF Association
2009 Cross Country Championships
and
Association Masters Championships*

**ASICS Dirt Dog Cross Country Series
@ Balboa Park's Morley Field**

Hosted by: San Diego City College & San Diego Mesa College

- DATE:** Saturday, November 14, 2009
- TIME:** 8:30am Men's 4-mile
9:15am Women's 4-mile
- LOCATION:** Morley Field
- COURSE:** Majority of the course is on grass and dirt trails
- PARKING:** Free street parking available in and around Morley Field
- COST:** \$15.00 per individual (Day of Race Registration Only)
- CHECK-IN:** Day of Race Registration will begin at 7:00am
- AWARDS:** Over \$4000 will be awarded at these Championships
- INFORMATION:** Contact Meet Director Paul Greer at (619)388-3704; pgreer@sdccd.edu
or Thom Hunt at (619)286-7700 X 4505; thunt@sdccd.edu

Please note: Volunteers are needed to help at the meet. If you have friends or family who like would like to help, please notify the Meet Directors prior to the meet, or please ask them to check-in at Registration by 6:45am on the day of the race. Thank you.