



Westlake High School Cross Country Classic

Dear Coaches and Athletes

We invite you to the 2nd Annual Westlake High School Cross Country Classic. The event will take place on the fields directly west of the high school and we will also utilize the fields at the Vista Heights Middle School. The Course will be all on grass and very flat with next to no hills and will be 3 miles. It is definitely a spikes course.

The cost for this year's event will be \$55 per team or \$110 per school. You can either send the money to the school beforehand or bring the check with you. All registration is done on Runnecard.com and runnecard will also be doing the timing of this year's event. Registration will close August 29th at noon!

The meet will start at 3:30pm with the JV girls and races will go every 30 minutes. Awards will be handed out after the completion of the Varsity boys' race. All busses will park in the parking lot directly west of the football stadium.

Where:

Westlake High School
99 North Thunder Blvd.
Saratoga Springs, Utah 84045

When:

September 30th, 2011
JV Girls Race 3:30pm
JV Boys Race 4:00pm
Varsity Girls Race 4:30pm
Varsity Boys Race 5:00pm

Cost:

\$55 per team \$110 per school
Individual runners will cost \$5 each

Registration:

Runnecard.com
**Please register by 12:00pm Thursday
September 29th!!!**

Awards:

Top 2 varsity teams (boys and girls)
Top 10 individuals in all races

Directions:

From the North:

1. Go south on I-15 until the Bangerter Highway exit
2. Go west on Bangerter until Redwood Road
3. Go south on Redwood Road until you reach 400 North Saratoga Springs (first right after the light at the newly completed Pioneer Crossing)
4. The school is on the right and please park in the parking lot directly west of the football stadium.

From the South:

1. Go north on I-15 until exit 278 American Fork Main Street/Pioneer Crossing
2. Go west on the newly completed Pioneer Crossing until Redwood Road
3. Go south on Redwood Road until 400 North Saratoga Springs (this will be the next right)
4. The school is on the right and please park in the parking lot directly west of the football stadium.

Course Map:



Course Details:

Start:

The race starts at the green “start button” located at the north-west corner of the Westlake practice football field. From there the course goes in a south-east direction diagonal across the field and then directly south down past the school’s soccer field. At the far south end of the field, the course goes west for approx 100 meters and then goes north back towards the starting line.

Middle:

The course then goes through the gate separating Vista Heights and Westlake and heads back the opposite direction on the Vista Heights side of the fence. The course follows the outside perimeter of Vista Heights’ field until it comes back to the gate separating the two facilities. The course goes straight through the gate and down past the finish area. Instead of going through the finish chute the course now follows the outside of the Westlake fields until it reconnects with the original path. The course then repeats itself for a whole second loop.

Finish:

As the course goes through the gate after completing the Vista Heights field for the second time, the finish chute is straight ahead. The course is just less than 3.0 miles and has been measured at 2.95-2.98 miles.