

26th Annual Moreau Catholic "Mariner" and Saucony Pasta Dinner and Clinic

Where: Moreau Catholic H.S. Cafeteria - 27170 Mission Blvd, Hayward
When: Dinner is served from 5:30 p.m. until 6:30 p.m.
Clinic begins at 6:45 p.m. in the Auditorium
Speaker: Magdalena Lewy Boulet: 2008 Beijing Olympian in the Marathon
2009 U.S.A. Half-Marathon Champion
Cost: \$5 for the dinner and drawings for lots of great running items!!

PARKING @ GARIN IS VERY LIMITED and costs \$5 per vehicle! Buses will not be allowed to park at Garin! They can drop off and return to pick up teams after the meet. We will also have vans shuttling runners from the neighborhood at the bottom of the hill to the park. If you would like info on this, please contact us. Thank you for your support and cooperation!

Please be sure to make all changes to your roster by Friday, October 16 at 10 a.m.

2009 MARINER-SAUCONY CROSS-COUNTRY INVITATIONAL TENTATIVE SCHEDULE

Time	Classification	Division	Awards
9:00 a.m.		COACHES ' RACE	Top 3 in each age group
9:30 a.m.	SMALL & LARGE SCHOOL	FROSH/SOPH GIRLS	Top 4 Teams-7 runners not on 4 teams
10 a.m.	SMALL & LARGE SCHOOL	JUNIOR/SENIOR GIRLS	Top 4 Teams-7 runners not on 4 teams
10:30 a.m.	SMALL & LARGE SCHOOL	VARSITY GIRLS	Top 5 Teams-10 runners not on 5 teams
11 a.m.	SMALL & LARGE SCHOOL	VARSITY BOYS	Top 5 Teams-10 runners not on 5 teams
11:30 a.m.	SMALL SCHOOL	FROSH/SOPH BOYS	Top 4 Teams-7 runners not on 4 teams
12 noon	LARGE SCHOOL	FROSH/SOPH BOYS	Top 4 Teams-7 runners not on 4 teams
12:30 p.m.	SMALL & LARGE SCHOOL	JUNIOR/SENIOR BOYS	Top 4 Teams-7 runners not on 4 teams

A custom plaque is awarded to each winning team!

Registration will be located at the north side of the barn. When you check in please provide a cell phone number that can be used for emergency contact at Garin. We are also numbering areas in the park and will ask you to inform the registration table of your location after you have found a place to set up. We are utilizing this system due to past emergency situations.

Races: **Varsity** races are **limited to 7** runners, and all **other divisions** have **unlimited** entries. **Non-varsity runners must run in their grade level race** (9th & 10th graders run frosh-soph, and 11th & 12th graders run junior-senior)! Any runner who runs in the wrong race may be disqualified. No changes can be made after 8 a.m. Immediate results will be shown on a message board on the east side of the meadow!

Starting line: Each team will be able to put three runners on the front line and the rest of the team on a second line.

Finish Chute: Please stress to your runners the importance of moving through the chute! Most races will have over 200 runners, and we need everyone's assistance in ensuring that every runner receives their RunnerCard with their exact time and place!

Awards: This year we are very excited and proud to announce that we are establishing **The Ryan Shay Award** as part of the Mariner-Saucony Cross Country Invitational. The award is intended to go to that runner on a team that demonstrates all the qualities and attitudes of the team members who loves the sport and his/her team. This is not intended simply for the fastest runner but the best runner and teammate! The one who pushes themselves and others to new heights. There may or may not be faster runners but no one works harder than this runner! It is hard to put into words but easy to spot. This year each of the coaches of the 4 winning varsity team races will pick the runner on their team who best exemplifies this spirit. They will present the award to the runner as part of the award ceremony for their race. There will also be The Ryan Shay Award for the 4 coaches who have the best team performances for small school girls, large school girls, small school boys, and large school boys. This will be determined by adding the finish place points of all three races in their division.

This year we will have award ceremonies on the east side of the barn. See schedule below:

Coaches Awards	Right after the start of the Junior/Senior Girls race
Small School Frosh Soph girls	Right after the start of the Varsity Girls race
Large School Frosh Soph girls	This follows right after Small School F/S Girls awards
Small School Junior Senior girls	Right after the start of the Varsity Boys
Large School Junior Senior girls	This follows immediately after Small School J/S Girls awards
Small School Varsity Girls * **	Right after the start of Small School F/S Boys
Large School Varsity Girls * **	This follows immediately after Small School VG awards
Small School Varsity Boys *	Right after the start of the Large School F/S Boys
Large School Varsity Boys *	This follows immediately after Small School VB awards
Small School Frosh Soph Boys	This follows right after the start of the J/S Boys race
Large School Frosh Soph Boys	12:55 p.m.
Small School Junior Senior Boys**	1:05 p.m.
Large School Junior Senior Boys**	1:10 p.m.

*The Ryan Shay Award awarded by coach of the winning team

**The Ryan Shay Award presented to the coach with the best program in small school boys and large school boys and small school girls and large school girls

Concessions: There is a snack food and drink concession stand on the north side of the barn. There are limited great shirts available for \$15 by the barn. Saucony and TranSports of Berkeley and Oakland will be at the meet!

Restrooms: There are restrooms located near the barn, down by the pond, and down the path that leads from the north parking lot.

Clean Up: Please help us keep Garin Park clean! Every team will receive a white bag for recycling and a black bag for garbage. Thank you for all your assistance!