

Dear Coach,

It is with great pleasure that we invite you to the 3rd ***Annual Ghebray Invitational*** to be held October 4, 2014 at Quarry Lakes Regional Park in Fremont. This will be the first cross country invitational for James Logan, we have made it our number one priority to provide a well-organized meet that allows runners the opportunity to showcase their skills in one of the more scenic courses in the Bay Area. All runners will run in their respective age/grades. There are 3 courses. The middle school course is 1.35 miles, the coaches, boys frosh/soph and junior varsity course is 2.0 miles and the varsity course is 3.0 miles. There will be an open race which will follow the boys varsity race. There will be a school alumni race as well. Alumni teams must have 5 runners.

This event will be dedicated to **Yosef Ghebray** and **Giliat Ghebray** who graduated from James Logan High School and established themselves as the best Cross Country runners to come out James Logan High School. Both went to Cal Berkley and were All-Americans while at Cal. Both qualified for the Olympic Trials and are still striving to make themselves better runners and to qualify for the next Olympic Trials in 2016.

Attached you will see the general information about the meet. Most important information is the meet deadline entry – October 1, 2014 All entries can be made through fordtiming.com. When you enter your teams, you will receive updates on this invitational. We will also set up a Facebook page to give information on the invitational and also allow our Team Parent Photographer to post pictures of our athletes. Once your entries are made we will send you a confirmation via e-mail.

On the eve of the Invitational, we will be hosting a Gathering of Champions dinner. The dinner is scheduled for October 3. Location for the dinner will be in the student union on the James Logan campus. We will have an evening of talks by distance runners and also some raffles for attendees. Cost of the dinner is \$10 per person where attendees can enjoy an all you can eat menu of spaghetti, salad, garlic bread and dessert.

If you have any questions about this meet, please contact me directly. On behalf of the James Logan Cross Country Coaches and Team – we welcome you and your team to the **Ghebray Invitational!**

Sincerely,

Coach Lee Webb – Meet Director

510-304-7172

lwebb@nhusd.k12.ca.us

Gathering of Champions Dinner:

This dinner will take place Friday, October 3 at 6:30 p.m. in the Student Union which is on the James Logan High School campus. This is an evening where your team can hear talks given by top distance runners. We will provide a list of speakers at a later time but, **Yosef Ghebray** and **Giliat Ghebray** will be in attendance. The all you can eat menu will be comprised of spaghetti, salad, garlic bread, and dessert. Cost of the dinner is \$10. It will also be an evening of raffle prizes. To sign up for this dinner, please e-mail Aileen Agustin at abba63@sbcglobal.net. You can also call her directly at 510-435-9819. Please inform us with the number in your party. Checks should be made payable to James Logan Cross Country. They should be mailed no later than **October 1** to ensure seating. Please mail your checks to:

James Logan Cross Country

Attn: Lee Webb

1800 H Street

Union City, CA 94587-1994

Entry Information

- All entries will be done by fordtiming.com Go to fordtiming.com to enter athletes.

Entries will open August 15, 2014 and close on October 1, 2014 at 11:59 PM

- Please email Coach Lee Webb-lwebb@nhusd.k12.ca.us with the approximate number of athletes and names of the athletes you will be bringing to the meet. The field size will be limited to a total 100 runners from all races.

Entry Fees

\$15 per individual \$50 per division \$250 maximum for all divisions

Middle School \$5 per individual \$100 for both divisions

Open Race \$15 Alumni Team \$50 per team

Checks should be payable to:

James Logan Cross Country Att. Lee Webb

1800 H Street

Union City, CA 94587-1994

Directions to Quarry Lakes Regional Park

To be provided with confirmation email.

Meet Website

logantrackandfield.com

Schedule of events:

9:00 AM	Coaches Race-2.0 Miles
9:30AM	Girls Middle School Race-1.35 Miles
10:00 AM	Boys Middle School Race-1.35 Miles
10:30 AM	Frosh/Soph Boys-2.0 Miles
11:00 AM	Junior Varsity Girls-2.0 Miles
11:30 AM	Junior Varsity Boys-2.0 Miles
12:00 PM	Girls Varsity-3.0 Miles
12:30 PM	Boys Varsity-3.0 Miles
1:00 PM	Little Ghebray Race-400 Meters 10 years of age and under
1:15 PM	Open Race/Alumni Race-3.0 Miles

Course: The course is flat with some small hills. Most of the course is run on dirt with some gravel. The course distances are 1.35-Middle School, 2.0-Coaches, Boys Frosh/Soph and Junior Varsity races, and 3.0 for Varsity races and the Open Run.

Awards:

- * Top 10 Individual in each division will receive Ghebray Invitational custom made medals.
- * Each coach who runs the coaches race will receive a Ghebray Invitational T-shirt.
- * Top 3 teams in each division will receive a team plaque.
- * The top male and female varsity runner will receive a customized quilt.
- * The Top 25 females and males in the open race will receive Ghebray Invitational custom made medals.
- * Awards will be given out 30 minutes after each race has ended.

Results:

Results will be posted 30 minutes after each race

T-Shirts will be available for \$12.00

Trainer

There will be a certified athletic trainer site throughout the meet and will be located under a tent near the finish line. The primary purpose of the trainer is to care for injured athletes.

Parking:

Parking will cost \$5.00 for each car and \$25.00 for each bus that parks in the park. You can drop off your athletes at the entrance to the park if you wish and find a place to park outside the Quarry Lakes parking lot.

Food:

Quarry Lakes limits the sale of food and drinks. You can bring in your own food items.

Questions:

Coach Lee Webb – Meet Director

510-304-7172 lwebb@nhusd.k12.ca.us