

Hello Coach:

We are delighted to invite you to participate in the 2021 Fastback Invitational to be held on Saturday, September 4, at Mt SAC on the famed Mt SAC Cross Country Course—the home of the 2021 CIF-Southern Section Cross Country Championships.

We realize there will be a great number of schools that will want to get on the course as soon as possible; however, since this is our first meet back at Mt SAC we are going to limit the number of schools to just 50—that will be the first 50 schools that register online, and **we receive their entry fee check at Arroyo High School**. Your school will not officially be entered into the meet until your entry fee check has been received by Arroyo High School. As soon as we have 50 entry fees received, entries will close.

Please, immediately start the process of procuring your entry fee check from your school or booster club.

You may register beginning August 1 by going to **FinishedResults.com** .

Race Schedule: *7:20 AM Novice Race

7:40 AM	Freshman Girls	8:00 AM	Freshman Boys
8:20 AM	Sophomore Girls	8:40 AM	Sophomore Boys
9:00 AM	Junior Girls	9:20 AM	Junior Boys
9:40 AM	Senior Girls	10:00 AM	Senior Boys

Entry Fees: \$60 per grade level for each gender
Maximum of \$400 (If you only have a boys or girls team, max is \$200)

Payment: The first 50 schools whose check is received by Arroyo High School will be accepted into the meet. There will be no payment of fees the day of the meet.

Make checks payable to:

Arroyo High School
C/O Bryon Hake
4921 N. Cedar Ave.
El Monte, CA. 91732

Fastback Course (Approximately 2 Miles):

- Traditional Mt SAC Course start on the airstrip
- One loop of the Valley – (instead of doing a second valley loop, runners head up to the switchbacks)
- Traditional Switchbacks – (Mile mark is on the downhill slope behind the stadium)
- Traditional Crossover and continue up “Poop Out” hill
- On the back of Poop out, instead continuing straight toward the back of “Reservoir”, runners turn right and return to the airstrip through the “Saddle”.
- Traditional finish along the left side the airstrip and into the “Gauntlet” to the traditional finish line.

Awards: The top 50 runners in each division will receive custom Fastback Inv. medals. This is usually at least 50% of the field and in some grade levels it will be 60% to 70% of the field.

Special Novice Race For New Team Members or Runners Who Are Not Ready For Mt SAC Hills:

We realize this is the first meet of the season, and even though we are running the shorter 2-Mile “Fastback” course, there will be some new and “less than ready runners” on your team that will not be able to handle the two big hills on the Fastback course; however, we realize you would like to bring those team members along

and let them at least get a “taste” of Mt SAC, so at 7:20 AM, we will offer a special “**Novice Race**” open to boys and girls of all grades.

They will run the traditional first ½ mile of the Mt SAC Course--just the first valley loop, then at the beginning of the second valley loop instead of making a left and running the second loop, they will make a right and head back on the airstrip and follow the traditional Mt. SAC finish. The entire distance will be one mile, but the runners will get to experience both the traditional Mt SAC start and traditional Mt SAC finish—just no hills.

THERE WILL BE NO ENTRY FEE FOR THIS NOVICE RACE; THERE WILL BE NO AWARDS, AND THERE WILL BE NO CHIP TIMING. We will start all the novice runners at 7:20 AM. We will have a running clock at the finish line, so you and your athletes will know their finish time.

Please take advantage of this “Novice” race for your runners who are not ready for the “Switchbacks” and “Poop Out”. There is nothing worse for a young runner than to have a bad initial experience at Mt SAC because they simply were not ready for the challenge of the hills.

If it is apparent to our meet management, a specific school is entering athletes in the regular races who are not physically prepared for the Mt SAC Course, your school will not be invited back next year.

Invitational T-Shirts: Custom Fastback Inv. T-shirts are available in many styles.

Parking: There is a parking fee for ALL vehicles, **except for school buses**. All other vehicles will have to purchase a one-day parking pass from one of the self-serve parking kiosks.

All vehicles will use Parking Lot “F”—which is directly north across Temple Ave from the stadium—***again, all vehicles except for buses must purchase and display on their dashboard the one-day parking sticker***

Buses may drop athletes off at the entrance to the pedestrian tunnel and the east end of Parking Lot “F” and then drive north into the campus to Parking Lot “H” to park until the team is ready to be picked up.

Spectator and Athlete Entrance: There is additional construction being completed surrounding the official entrance of the stadium. All athletes, teams and spectators will enter by using the pedestrian tunnel that goes under Temple Ave. at the East end of Parking Lot F. This is the only entrance available to get you access to the course.

Once at the front of the stadium, everyone will be directed to walk through the East side of the stadium bleachers (Opposite side of the press box side). This will take you to the course area—it is the only way to get to the course.

Team Camp: Teams may camp in the grass area immediately behind the new video screen. There will be no team camps inside the new practice track.

Warm up Area: All athletes will warm up on the new practice track. There will be no warm up permitted on the regular stadium track.

Clerk of the Course: All athletes will enter to the course start line through the Clerk of the Course Gate at the Northwest corner of the practice track.

Admission Fee: There is none! Everyone can come for free and enjoy the meet.

Restrooms: The new restrooms will be available at the stadium entrance and on both sides of the stadium at the south end of the stadium.

If you have any questions, please feel free to contact me at any time.

Email: torourke@mtsac.edu Phone: 626-253-0693

Thank you,

Tim O'Rourke

