



Sponsored by:
new balance
team sports

College/Open

Friday, October 11th, 2024

Womens: 10:00AM (5K)

Mens: 11:00AM (4 Miles)

Location: NTC Park - 2455 Cushing Road, San Diego, CA 92106

Course: Flat, fast and mostly on grass and dirt trails.

Registration:

Register using Direct Athletics

Deadline: October 6, 2024 @
11:59pm

Contact:

Sean Ricketts (Meet Director/SD
Mesa Head XC & T/F Coach)
email: sricketts@sdccd.edu

All Fees:

Check Payments: Check Payable
to: **San Diego Mesa Cross
Country**. No Late Fees or Meet
Day Entries Will be Accepted! Full
Payments must be submitted no
later than October 11, 2024

Timing:

Provided by SD Mesa
(Finishlynx Timing System
with Etherlynx photo finish
camera, Identilyn timer full
frame video camera and
Ipico RFID Chip
Timing System)

SD Mesa

Athletic Training:

All SD Mesa trainers will
be located near the
start/finish line.
*please provide your
own tape and pre-wrap

College/Open Fees:

\$150 per team/ gender
(\$300 for both)
\$30 per individual
(open/unattached athletes
and teams entering 4 or less)

Awards:

Top 10 finishers receive a
custom Manny Bautista Invite
NB Tech Tee
Individual winners receive
New Balance Backpacks and
winning teams (Top 7)
receive hats

Parking:

Free in Parking Lots at
NTC Park

Course Records:

- Womens 5K - Marikay Schwab Golden West 18:03.3 (2022)
- Men's 4 Mile - Matthew Donis Mt. Sac 19:59.82 (2023)