

Fastback Shootout
Saturday, September 11, 2010
@Mount SAC
hosted by Arroyo High School

Course: 1.92 miles; just like the regular course, but you only do the Valley Loop once and after Poop Out, you make a right onto the saddle instead of going straight and running the backside of Reservoir. The start and finish are the same.

Awards: Top 40 in each race medal.

Race Schedule:

7:30 am	junior girls (heat 1)	9:15 am	sophomore boys (heat 2)
7:45 am	junior boys (heat 1)	9:30 am	freshman girls (heat 1)
8:00 am	junior girls (heat 2)	9:45 am	freshman boys (heat 1)
8:15am	junior boys (heat 2)	10:00am	freshman girls (heat 2)
8:30am	sophomore girls (heat 1)	10:15am	freshman boys (heat 2)
8:45am	sophomore boys (heat 1)	10:30am	senior girls
9:00am	sophomore girls (heat 2)	10:45am	senior boys

Entry Fee: \$120 for boys or girls squad; \$230 for both squads; \$10 per individual

Make Check Payable To: Arroyo High School (BAPXC)

Mail To: Arroyo High School
4921 N. Cedar Ave.
El Monte, CA 91732
Attn: Fernando Cabrera

This is a great way to start the season. You will expose your new runners to Mt SAC, and your experienced runners will get a chance to race on hills without running a full 3 miles.

100% cotton T-shirts will be on sale for \$12 each. There will be no snack bar, so we encourage everyone to bring their own food.

Only the first 45 teams will be accepted (**Already have 33 confirmed teams**)

If you have any questions, contact Fernando Cabrera
Cell phone: 626-277-5136
email: fcabrera@alumni.usc.edu