

THE 23rd ANNUAL VENTURA ROTARY - OJAI INVITATIONAL

- DATE: Saturday September 18, 2010
- HOSTS: Ventura High School – Tyree Cruz and Preston Biller
Nordhoff High School – Dave Settem
- LOCATION: Lake Casitas, Ojai. Home of the Ventura County Cross Country Championships
- COST: \$150 Per School.
- ENTRIES: Confirm your entry to the 2010 meet by e-mail to dsettem@ojai.k12.ca.us as soon as possible. Include your name, school, phone, and approximate number of boys and girls.
- DIVISIONS: Small Schools (CIF DIV 3, 4, & 5) and Large Schools (CIF DIV 1 & 2). There will be only one boys' race and one girls' race in each division.
- SCHEDULE: Small School Girls 8:55 a.m., Small School Boys 9:30 a.m., Large School Girls 10:00 a.m.; Large School Boys 10:35 a.m. We will do our best to stay on schedule. Timing will be stopped at 24 minutes for the boys and 28 minutes for the girls in order to facilitate the schedule. Please plan to time your own runners after these cutoffs.
- COURSE: 3.0 miles. The course is run at a challenging championship caliber venue. It includes a variety of terrain with hills, dirt roads/trails, and asphalt. Temperatures over the years have ranged from the low 60's to the low 90's. Coaches should enter well conditioned athletes only and those who are capable of racing at or under the timing cutoff marks of 24 minutes for boys and 28 minutes for girls. This is not a course for those out of shape.
- CAMPING: Overnight camping is available at Lake Casitas. There is a group site if you desire to make this a team overnight trip. Call Ranger Rob Weinerth (805) 797-1702 or email him at rweinerth@casitaswater.com if interested in reserving campsites. The charge for camping will be \$2 per person.
- WATER PARK: Ranger Rob Weinerth has also arranged a very special discount for teams/athletes wishing to cool off at the waterpark after the meet.
- NO SWIMMING IN THE LAKE: No swimming or wading is permitted. Coaches, please advise your athletes of this law. Lake Casitas is the water supply for much of the western county. If you want to cool off after the meet please go to the water park.
- PHILOSOPHY: This is a low key meet with no official team scoring. However, the quality of the competition should be excellent. Over the past 5 years, a number of state championship qualifying teams competed in this invitational. The day will be short for you and your team. Only the first 20 small schools and 15 large schools to respond will be guaranteed entries.
Please confirm your desire to enter **by June 15** by email: dsettem@ojai.k12.ca.us.
- AWARDS: There will be 80 medals awarded per race. Twenty awards will be given in each class level (Fr., So., Jr., Sr.). These medals will be distributed to athletes in the chute.
- QUESTIONS: Dave Settem at dsettem@ojai.k12.ca.us or

We will be hosting a low key, late afternoon JV meet on Wednesday October 6 at Lake Casitas. Two races only (boys, girls) will be run. If you are interested, please let us know. Entry fee will be minimal and medals awarded.