

Coach,

We invite you to join us for **The Night of Two-Mile Madness** at Santa Rosa Junior College on the evening of Friday, November 13, 2015. This is a great opportunity for all high school cross country athletes to test their track speed when they are at the peak of their fall fitness. We are presenting this event as an opportunity for high school teams to also take part in the HOKA One One National High School 2-Mile Postal Competition. It also provides NCS Cross Country participants with a way to stay race sharp prior to the championships the following week. The meet will also be covered and broadcast by Runnerspace.com.

MEET DETAILS

Host	Cardinal Newman High School
Sponsors	HOKA One One and Heart & Sole Sports
Date	Friday, November 13, 2015 (First race begins at 6:00pm)
Site	Santa Rosa Junior College
Entry Fee	\$5 per athlete or \$100 per team Make checks payable to Cardinal Newman High School
Divisions	High School Girls High School Boys
Schedule	Final time schedule will be sent to coaches prior to meet day. Races will be run in order by division, with HS Boys first, HS Girls second, and the fast heats for HS Boys and HS Girls run last.
Registration	Go to EZMeets.com for password and entry information. Entries must be submitted by Wednesday, November 11 th @ 11:59pm. Heats will be seeded with athletes of similar performance levels. Entry fees must be submitted upon arrival at the meet.
Awards	HOKA One One gear for top finishers Medals to Top-5 #1 through #7 runners (35 per gender) HOKA One One t-shirts to all participants Heart & Sole swag to all participants HOKA One One sweatshirts AND shoes for all coaches

If you have any questions regarding the meet, please contact Chris Puppione at coachpup@gmail.com.

We look forward to seeing all of you shine under the lights!