

# Bulldog Invite at Willow Hills

## Saturday, October 4th

**Welcome to the Bulldog Invitational**, an informal Sac-Joaquin Section Limited Preview. Unfortunately, two high quality invitationals were canceled this season due to new permit limitations. As such, we are hosting a small invitational to provide as many student-athletes allowable the opportunity to compete on the section course. Moving into the future, we are hopeful more clarification and expanded limitations may re-open the door to previous schools that hosted exceptional competitions.

**Registration:** MileSplit - Invitation Only. A link will be sent by RedCap Timing. Schools with a varsity team finished in the combined top 20 at the 2024 CIF-SJS Section Meet (merging times/results for all divisions) will receive the first invitations. The meet will be capped at 25 teams. You must respond to the email invitation with your intent to compete within 72 hours of receipt of the invitation to hold your spot. For invitations not accepted, meet management will extend invitations to the next team in order of ranking.

**Entry Fee:** \$350.00/school (\$175.00/gender) or \$30.00 per individual.  
Check made payable to "Folsom High School Athletic Boosters - Cross Country"

**Meet Schedule:** All races limited to 8 runners per team

START TIME	DIVISION	DISTANCE
9:00 AM	Varsity Girls	5,000 Meters
9:40 AM	Varsity Boys	5,000 Meters
10:10 AM	Frosh/Soph Girls	3,400 Meters
10:35 AM	Freshman Boys	3,400 Meters
11:00 AM	Sophomore Boys	3,400 Meters
11:25 AM	JV Girls	5,000 Meters
12:00 PM	JV Boys	5,000 Meters

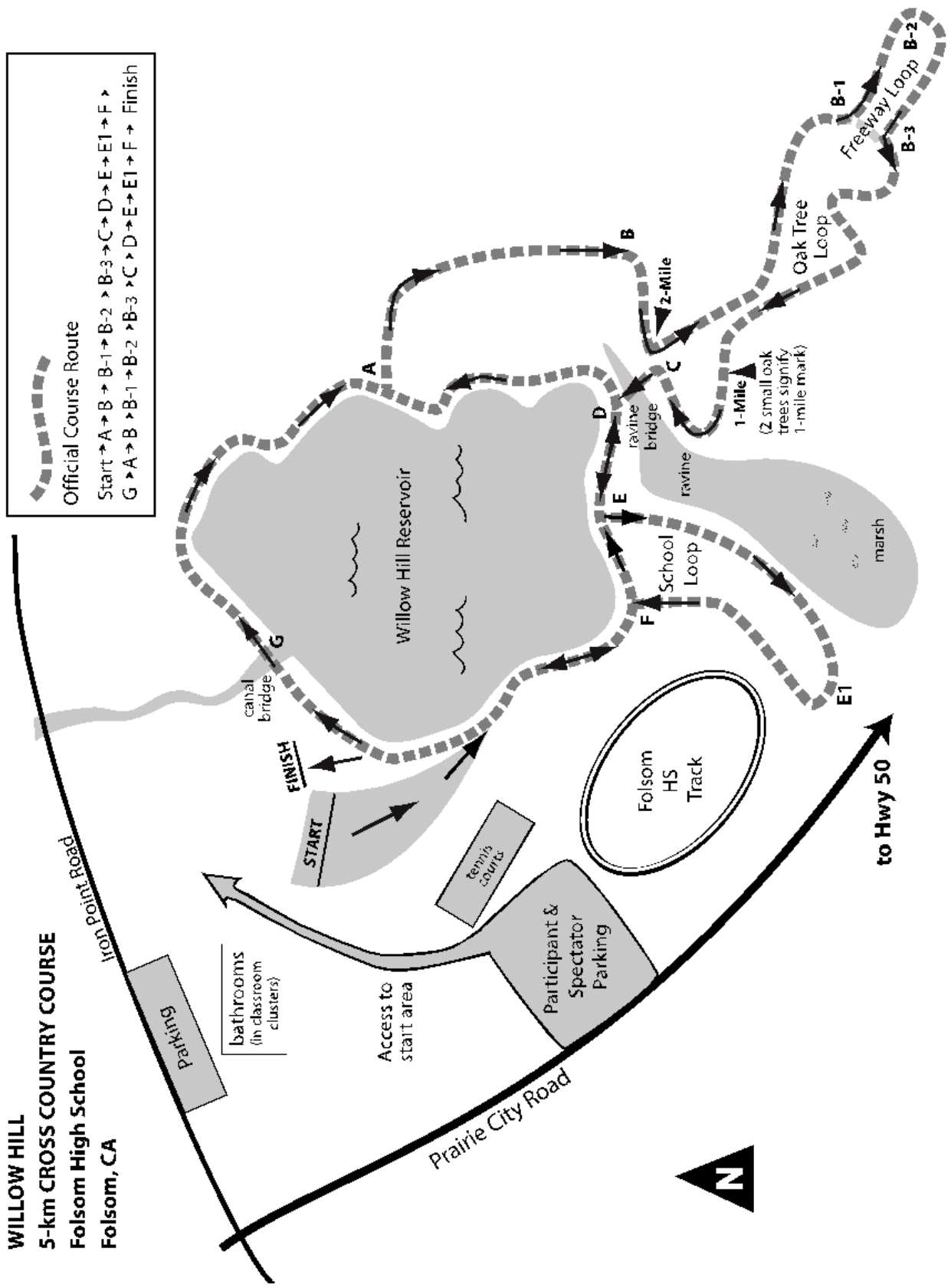
**Parking:** \$10.00 per vehicle. No charge for school buses or district/school vans (van's must have district/school logo on vehicle)

**Awards:** Individual medals to the top 15 finishers at all levels only - no team awards

**Questions?** Contact Steve Kinoshita, [thekinos@sbcglobal.net](mailto:thekinos@sbcglobal.net)

**WILLOW HILL**  
**5-km CROSS COUNTRY COURSE**  
**Folsom High School**  
**Folsom, CA**

**Official Course Route**  
 Start → A → B → B-1 → B-2 → B-3 → C → D → E → E1 → F →  
 G → A → B → B-1 → B-2 → B-3 → C → D → E → E1 → F → Finish



Iron Point Road

Parking

bathrooms  
(in classroom clusters)

Access to start area

Prairie City Road

tennis courts

Participant & Spectator Parking

Folsom HS Track

Willow Hill Reservoir

canal bridge

FINISH

START

N

to Hwy 50

2-Mile

1-Mile

(2 small oak trees signify 1-mile mark)

Oak Tree Loop

Freeway Loop

B-1

B-2

B-3

B

C

D

E

E1

F

G

ravine

bridge

ravine

School Loop

marsh

1-Mile

2-Mile

1-Mile

1-Mile


1-Mile

1-Mile

1-Mile

1-Mile

**WILLOW HILL  
3300-METERS CROSS COUNTRY COURSE**  
Folsom High School  
Folsom, CA

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