

LOWELL HIGH SCHOOL



Invitational

1101 Eucalyptus Drive
San Francisco, CA 94132
Phone: 415-759-2730

August 12, 2009

Dear Cross Country Coaches:

The 37th annual San Francisco Cross Country Invitational Meet will be held on Saturday, September 19, 2009 at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 31st consecutive year that Lowell High School has sponsored this meet.

There will be three divisions for girls (Frosh/Soph, Jr. Varsity and Varsity) and four divisions for boys (Freshmen, Sophomore, Jr. Varsity and Varsity). **We will again be finishing all races in Speedway Meadow.** The distance is approximately 2.93 miles for Varsity & J.V. races and 2.13 miles for Frosh/Soph races. The majority of the course follows the same trails that we have been running since 1993 (maps enclosed). The number of races and distances may change based on the number of teams attending and other unforeseen circumstances. We welcome all teams regardless of size or experience.

Entry Instructions: We will use Direct Athletics to collect entries. Every school that plans to attend must follow these instructions:

- E-mail Meet Director Andy Leong at "coachaleong@hotmail.com" to let him know that you will attend the meet. Please include the following in your e-mail: 1) Name of school. 2) Name of Coach. 3) Day/Night ☎#. 4) Tentative number of runners per division that you think you will have. Your school's name will be added to the invite list for the meet within 24 hours.
- Go to www.directathletics.com to enter names and submit entries. Instructions on how to submit names are enclosed. **Deadline to submit will be 4:00 PM on Tuesday September 15.** Race day entries will be at the discretion of the computer operator, and there will be a \$5 per name charge in addition to the regular fees.

A Varsity team must be entered first before a J.V. team can be entered. Teams will be subject to disqualification if they have faster runners on their J.V. teams. **Due to our growing numbers, only seven runners can be entered in the Varsity divisions and we may need to cap the number of runners per race.**

We will use one of the following schedules (number of awards given in each race also shown):

Eight Race Schedule

| SCHEDULE | TIME | # Team Awards | # Inv. Awards |
|-----------------|------------------------------|---------------|---------------|
| Walk Course | 8:00-8:45 AM (maps provided) | | |
| Frosh Boys | 9:00 AM | 2 | 12 |
| F/S Girls | 9:25 AM | 2 | 12 |
| Soph Boys | 9:50 AM | 2 | 12 |
| J.V. Boys | 10:15 AM | 2 | 9 |
| J.V. Girls | 10:45 PM | 2 | 12 |
| Var. Girls | 11:25 PM | 3 | 20 |
| Var. Boys 1 | NOON | 3 | 20 |
| Var. Boys 2 | 12:35 PM | 3 | 20 |
| Awards Ceremony | 1:10 PM | | |

Thirteen Race Schedule

| SCHEDULE | TIME | # Team Awards | # Inv. Awards |
|--------------|------------------------------|---------------|---------------|
| Walk Course | 8:00-8:45 AM (maps provided) | | |
| Frosh Boys 1 | 9:00 AM | 2 | 12 |
| Frosh Boys 2 | 9:25 AM | 2 | 12 |
| F/S Girls 1 | 9:50 AM | 2 | 12 |
| F/S Girls 2 | 10:15 AM | 2 | 12 |
| Soph Boys 1 | 10:40 AM | 2 | 12 |
| Soph Boys 2 | 11:05 AM | 2 | 12 |
| J.V. Boys 1 | 11:30 AM | 2 | 9 |
| J.V. Boys 2 | 11:55 AM | 2 | 9 |
| J.V. Girls | 12:30 PM | 2 | 12 |
| Var. Girls 1 | 1:00 PM | 3 | 20 |
| Var. Girls 2 | 1:30 PM | 3 | 20 |
| Var. Boys 1 | 2:00 PM | 3 | 20 |
| Var. Boys 2 | 2:30 PM | 3 | 20 |

Regardless of how many races there are, the **first race will be at 9:00 AM**. Number of races and the final schedule will be out by Thursday September 17. Race assignments will be out by Friday September 18.

There will be seven medals for each winning team. Individual awards are given to members of non-winning teams with no more than seven individual medals going to members of the same team. **Please note that the J.V. Boys will be before the J.V Girls race.** There are no dressings facilities so please come dressed to run.

We plan on having souvenir tee shirts for sale again this year.

Entry fees (based on names submitted) will be \$8.00 per individual, \$40.00 per team. Each school will also be charged a \$20.00 website/facility fee. There will be a \$165.00 maximum for each school. Checks should be made out to "**Lowell High School Track Team**".

You may mail your entry fee to the following address:

Lowell High School
Andy Leong, Track Coach
1101 Eucalyptus Drive
San Francisco, Ca. 94132

All entry fees should be received by the day of the meet. Coaches whose school has a history of late payment will be asked to leave a personal check or their school will not be allow to run. A late fee of \$25 will be charged if payment is not received by October 2. If you have questions, please e-mail me at coachaleong@hotmail.com, or leave a message at 415-759-2730, extension 3853.

Sincerely,

A handwritten signature in cursive script that reads "Andy Leong".

Andy Leong
Track Coach/Meet Director

How to Submit your Roster Online—Cross Country

*****NOTE:** After all of your athletes have been added to your online roster (Step 2), you must submit your roster to the meet by clicking the green “Register” link. (Step 3 below) Your roster is not submitted until you complete Step 3.***

STEP 1—Access your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

| If you already have a DirectAthletics account for your Cross Country team, and know your username and password.... | If you do NOT know your username and password.... |
|--|---|
| 1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive) | 1) Go to www.directathletics.com 2) Click on the link “New User? Click HERE”. 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account. 4) Make sure you create a HIGH SCHOOL team |

NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Cross Country

Team: Trinity College School (M)

This indicates that you are controlling the Trinity College School MEN'S team (M=MEN). To switch to your Women's team, you would select “Trinity College School (W)”.

STEP 2—Edit/Set up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.

- 1) Upon logging in, click the TEAM tab.
- 2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click “Import Track Roster” which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 3) Click the green “Add Athletes” link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).

- 4) Enter your athletes First Name, Last Name and School Year and click “Submit”
- 5) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3--Submit Your Roster

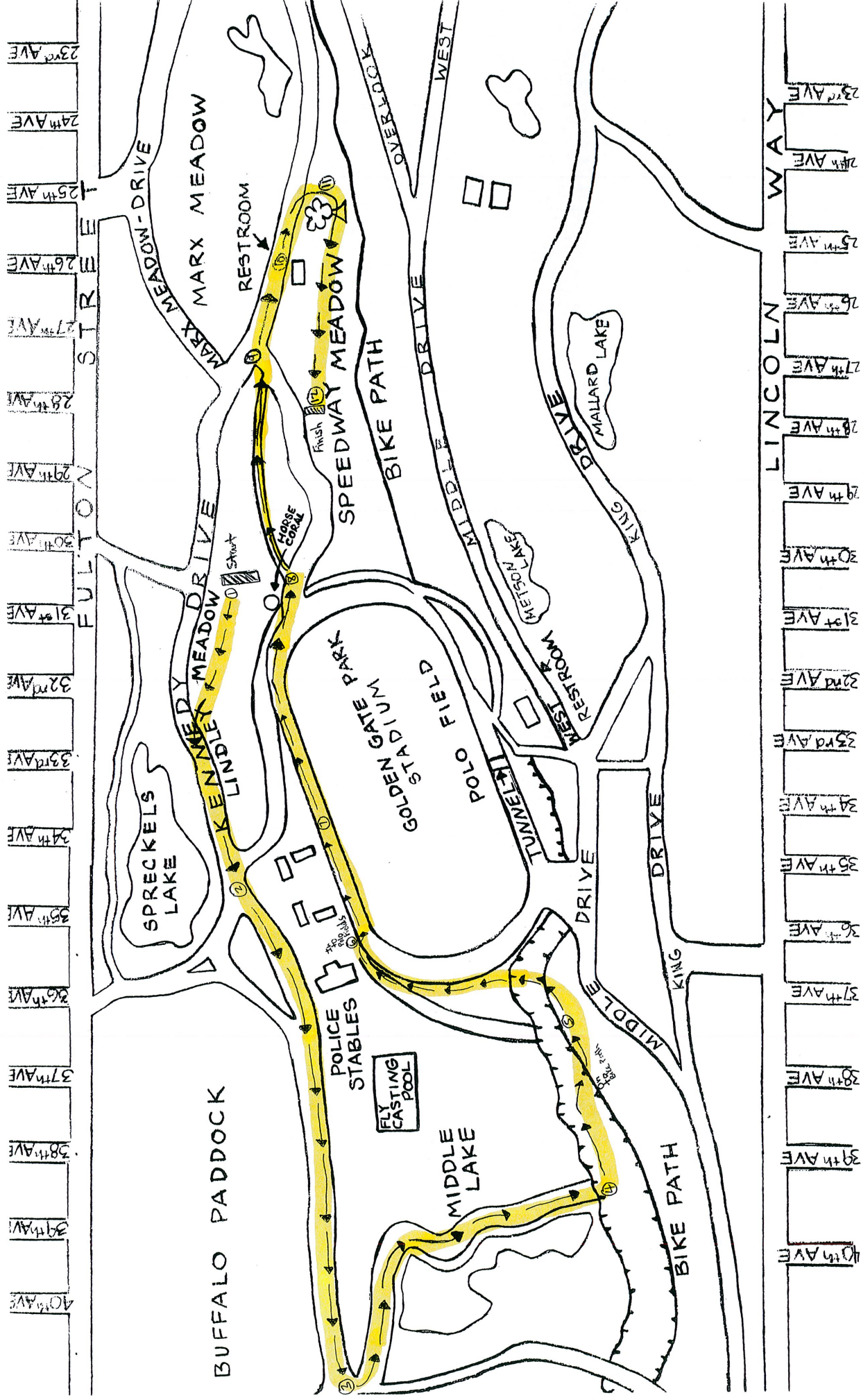
Once your athletes are added to your roster, you must submit your roster to the meet.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Check off the box for each athlete you wish to enter. You can check the “All” box to select (or un-select) your entire roster. Click “Submit”. You MUST click “Submit” to submit your entries.

****Submit all competing athletes, regardless of which race they are running. You do not need to declare events online.****

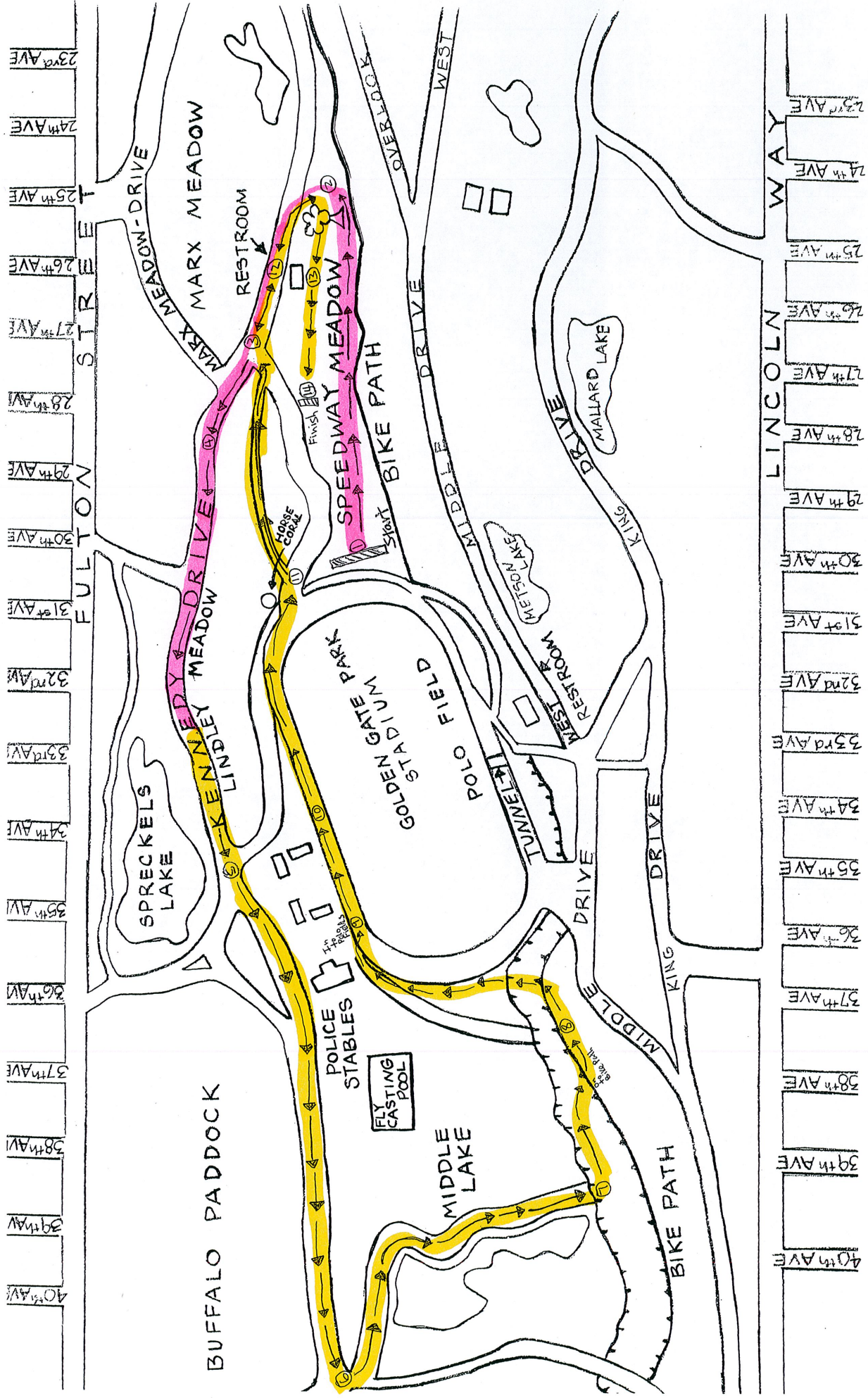
- 3) You will see your current, submitted entries on the “View Entries” page. At any time before the entry deadline, you may edit your entries by clicking the “Edit Entries” link.
- 4) For entry confirmation, simply print the “View Entries” page or click the Email Confirmation link at the top of the “View Entries” page. An Email Confirmation will be sent to the email address in your account.

LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



SEQUENCE: 1-2-3-4-5-6-7-8-9-10-11-12

LOWELL INVITATIONAL VARSITY 2.93 mi. COURSE



SEQUENCE: 1-2-12-3-4-5-6-7-8-9-10-11-3-12-2-13-14

LOWELL HIGH SCHOOL

Lowell Invitational



1101 Eucalyptus Drive
San Francisco, CA 94132
Phone: 415-759-2730

TO: Cross Country Coaches
FROM: Andy Leong
Lowell Invitational Meet Director 
DATE: September 19, 2009
SUBJECT: Race Day Instructions

Welcome to the 37th annual San Francisco Cross Country Invitational Meet. This year marks the 31st consecutive year that Lowell High School has sponsored this meet. It is a pleasure having you and your team here today. Please follow the directions listed below.

- 1) Each coach will receive this instruction sheet, name labels, race pull tags, two 2.13 mile course maps (F/S) and two 2.93 mile course maps.
- 2) There is no need to declare what race your runners are going to run before the race. They will be recorded in the race that their tag is collected for. If you have a runner that does not have a name label, use a label of a runner that is not running today of the same gender. Cross out the name and print the new name. We will try to change the name in the computer later. This will be the only way we will accommodate new names today.
- 3) Runners are asked to leave the finish line area as soon as they have their tag pulled. **ONLY COACHES WILL BE ALLOWED IN THE FINISH AREA! PLEASE KEEP YOUR TEAM AWAY FROM THE FINISH AREA OR DISQUALIFICATION WILL BE ISSUED.**
- 4) We will try to post results, so please do not bother the computer operator. See Meet Director Andy Leong if results have not been posted and I will try to make them available.
- 5) Top runners of non-winning teams will also receive medals.
- 6) All team members must wear an identifying top. No spikes or bare feet allowed.
- 7) Please instruct all of your runners to watch for bikes and horses on all paths.
- 8) A Varsity team must be entered before you can enter a J.V. team. If you have a special situation, speak to Meet Director Andy Leong before the J.V. races.

| 9) SCHEDULE | TIME | # Team Awards | # Inv. Awards |
|--------------|------------------------------|---------------|---------------|
| Walk Course | 8:00-8:45 AM (maps provided) | | |
| Frosh Boys 1 | 9:00 AM | 2 | 12 |
| Frosh Boys 2 | 9:25 AM | 2 | 12 |
| F/S Girls 1 | 9:50 AM | 2 | 12 |
| F/S Girls 2 | 10:15 AM | 2 | 12 |
| Soph Boys 1 | 10:40 AM | 2 | 12 |
| Soph Boys 2 | 11:05 AM | 2 | 12 |
| J.V. Boys 1 | 11:30 AM | 2 | 9 |
| J.V. Boys 2 | 11:55 AM | 2 | 9 |
| J.V. Girls | 12:30 PM | 2 | 12 |
| Var. Girls 1 | 1:00 PM | 3 | 20 |
| Var. Girls 2 | 1:30 PM | 3 | 20 |
| Var. Boys 1 | 2:00 PM | 3 | 20 |
| Var. Boys 2 | 2:30 PM | 3 | 20 |

There will be no Awards Ceremony this year. Awards can be pickup at the registration table during the meet.

10) It is requested that each team pick up litter in their area when the meet has concluded. Trash bags are available at the finish line.

11) Tee shirts will be for sale. The cost is \$15.00.

12) This meet is a smoke free event! Please tell your parents and supporters that there is **No Smoking** of any kind!

The following schools have confirmed and are expected to participate in today's meet:


| | | | |
|-------------------------|----------------------|-------------------|-------------------------|
| Aptos | Grace Davis | Marin Catholic | San Ramon Valley |
| Aragon | Half Moon Bay | Menlo | Sequoia |
| Archbishop Riordan | Homestead | Menlo Atherton | Silver Creek |
| Bellarmino | International | Mercy-Burlingame | Sir Francis Drake |
| Castilleja | James Logan | Mills | Sonoma Valley |
| Castlemont | John Kennedy-Fremont | Miramonte | St. Francis-Mt. View |
| Colfax | Junipero Serra | Monta Vista | St. Patrick/St. Vincent |
| Convent | Lick Wilmerding | Mountain View | Stuart Hall |
| Crystal Springs Uplands | Lincoln - Lincoln | Newark Memorial | Urban |
| El Camino | Lincoln - S.F. | Palo Alto | Villa Park |
| El Dorado | Lincoln - Stockton | Riverbank | Westmoor |
| Encinal | Livermore | Rosemont | Will C Wood |
| Galileo | Los Altos | Sacred Heart Prep | Woodside |
| Geo.Washington-S.F. | Lowell | | |

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Thank you for coming today and have a great time!

Coaches,
Please stick labels on tags
and/or make corrections as
shown below

CORRECT

PIN HERE  **ONLY**
Parabow Racing 1-800-982-1011

NO PINS

NAME _____
TEAM OR ADDRESS _____

RACE NUMBER _____


MALE AGE FEMALE

~~SEAN LAUGHLIN 12-B~~
POLY -VB
JOE SMITH-10
FISB 1121

YES, PINS

-Put Label NEAR END OF TAG.
-MAKE corrections as ABOVE
-NO PINS IN "Big" Hole

IN CORRECT

PIN HERE  **ONLY**
Parabow Racing 1-800-982-1011

NO PINS

NAME, TEAM OR ADDRESS _____
John DOE

MALE AGE FEMALE

~~_____~~

| Var Girls 1 | | Var Girls 2 | | Var Boys 1 | | Var Boys 2 | |
|----------------------|-----|-------------------------|-----|-------------------------|-----|-------------------------|-----|
| Castilleja | 7 | Aragon | 7 | Aptos | 7 | Archbishop Riordan | 7 |
| Grace Davis | 7 | Encinal | 7 | Bellarmine | 7 | Colfax | 7 |
| Lick Wilmerding | 7 | Homestead | 7 | Crystal Springs Uplands | 7 | Galileo | 7 |
| Lincoln - Lincoln | 7 | Lincoln - S.F. | 7 | Homestead | 7 | Grace Davis | 7 |
| Livermore | 7 | Lincoln - Stockton | 7 | Junipero Serra | 7 | Lick Wilmerding | 7 |
| Lowell | 7 | Los Altos | 7 | Lowell | 7 | Lincoln - Stockton | 7 |
| Menlo | 7 | Marin Catholic | 7 | Los Altos | 7 | Lincoln - S.F. | 7 |
| Mercy-Burlingame | 7 | Menlo Atherton | 7 | Menlo | 7 | Menlo Atherton | 7 |
| Miramonte | 7 | Mills | 7 | Mills | 7 | Miramonte | 7 |
| Mountain View | 7 | Monta Vista | 7 | Monta Vista | 7 | Mountain View | 7 |
| Palo Alto | 7 | Newark Memorial | 7 | Newark Memorial | 7 | Palo Alto | 7 |
| Sacred Heart Prep | 7 | Rosemont | 7 | Riverbank | 7 | Rosemont | 7 |
| Silver Creek | 7 | San Ramon Valley | 7 | San Ramon Valley | 7 | Silver Creek | 7 |
| St. Francis-Mt. View | 7 | Sir Francis Drake | 7 | Sir Francis Drake | 7 | Sonoma Valley | 7 |
| Villa Park | 7 | St. Patrick/St. Vincent | 7 | St. Francis-Mt. View | 7 | St. Patrick/St. Vincent | 7 |
| Aptos | 6 | Westmoor | 7 | Villa Park | 7 | Westmoor | 7 |
| Sequoia | 6 | El Dorado | 6 | Will C Wood | 7 | Aragon | 6 |
| Urban | 6 | Sonoma Valley | 6 | El Camino | 6 | Encinal | 6 |
| Riverbank | 5 | Colfax | 5 | International | 6 | Livermore | 6 |
| Woodside | 4 | Crystal Springs Uplands | 4 | Marin Catholic | 6 | Sacred Heart Prep | 6 |
| Galileo | 3 | Convent | 3 | El Dorado | 5 | Sequoia | 6 |
| El Camino | 2 | Castlemont | 2 | Half Moon Bay | 5 | Stuart Hall | 5 |
| Half Moon Bay | 1 | Geo.Washington-S.F. | 1 | Urban | 5 | Woodside | 5 |
| International | 1 | | | Geo.Washington-S.F. | 3 | Lincoln - Lincoln | 3 |
| | | | | Castlemont | 1 | | |
| | | | | | | | |
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| | 139 | | 139 | | 156 | | 155 |