

# LOWELL HIGH SCHOOL



## *Lowell Invitational*

1101 Eucalyptus Drive  
San Francisco, CA 94132  
Phone: 415-759-2730  
August 1, 2015

Dear Cross Country Coaches:

The 43rd annual San Francisco Cross Country Invitational Meet will be held on Saturday, September 12, 2015 at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 37th consecutive year that Lowell High School has sponsored this meet. We would like to thank the San Francisco Recreation & Park Department for their support of this meet.

There will be three divisions for girls (Frosh/Soph, Non Varsity and Varsity) and four divisions for boys (Freshmen, Sophomore, Non Varsity and Varsity). **We will again be finishing all races in Speedway Meadow (aka Hellman Hollow).** The distance is approximately 2.93 miles for Varsity & Non Varsity 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](http://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 8.** 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 Non Varsity team can be entered. Teams will be subject to disqualification if they have faster runners on their Non Varsity 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.**

## Thirteen Race Schedule

<b>SCHEDULE</b>	<b>TIME</b>	<b># Team Awards</b>	<b># Inv. Awards</b>
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
Non Var Boys 1	11:30 AM	2	9
Non Var Boys 2	11:55 AM	2	9
Non Var. 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

Meet management reserves the right to combine races if the numbers do not support having 13 races. Number of races and the final schedule will be out by Thursday September 10. Race assignments will be out by Friday September 11.

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 Non Varsity Boys will be before the Non Varsity 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.

## Fee Schedule

Entry fees (**based on names submitted**) will be \$10.00 per individual, \$50.00 per division (5 to 15 runners. For ever runner over 15, an additional \$2 will be charged.) Each school will also be charged a \$45.00 website/facility fee. The maximum fee a school will pay will be based on the number of names that they are entering. Below is the maximum fee schedule:

<u>Number of Names</u>	<u>Maximum Fee</u>
1 – 30	\$210.00
31 – 40	\$220.00
41 – 50	\$230.00
51 – 60	\$240.00
61 – 70	\$250.00
71 – 80	\$260.00
81 – 90	\$270.00
91 – 100	\$280.00
101 – 110	\$290.00
111 – 120	\$300.00
121+	\$310.00

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 1. If you have questions, please e-mail me at [coachaleong@hotmail.com](mailto:coachaleong@hotmail.com).

Sincerely,

*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.*

<b>If you already have a DirectAthletics account for your Cross Country team, and know your username and password....</b>	<b>If you do NOT know your username and password....</b>
1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 2) In the login box, enter your username and password and click Login.  (Remember that your password is case-sensitive)	1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 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 a 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.*

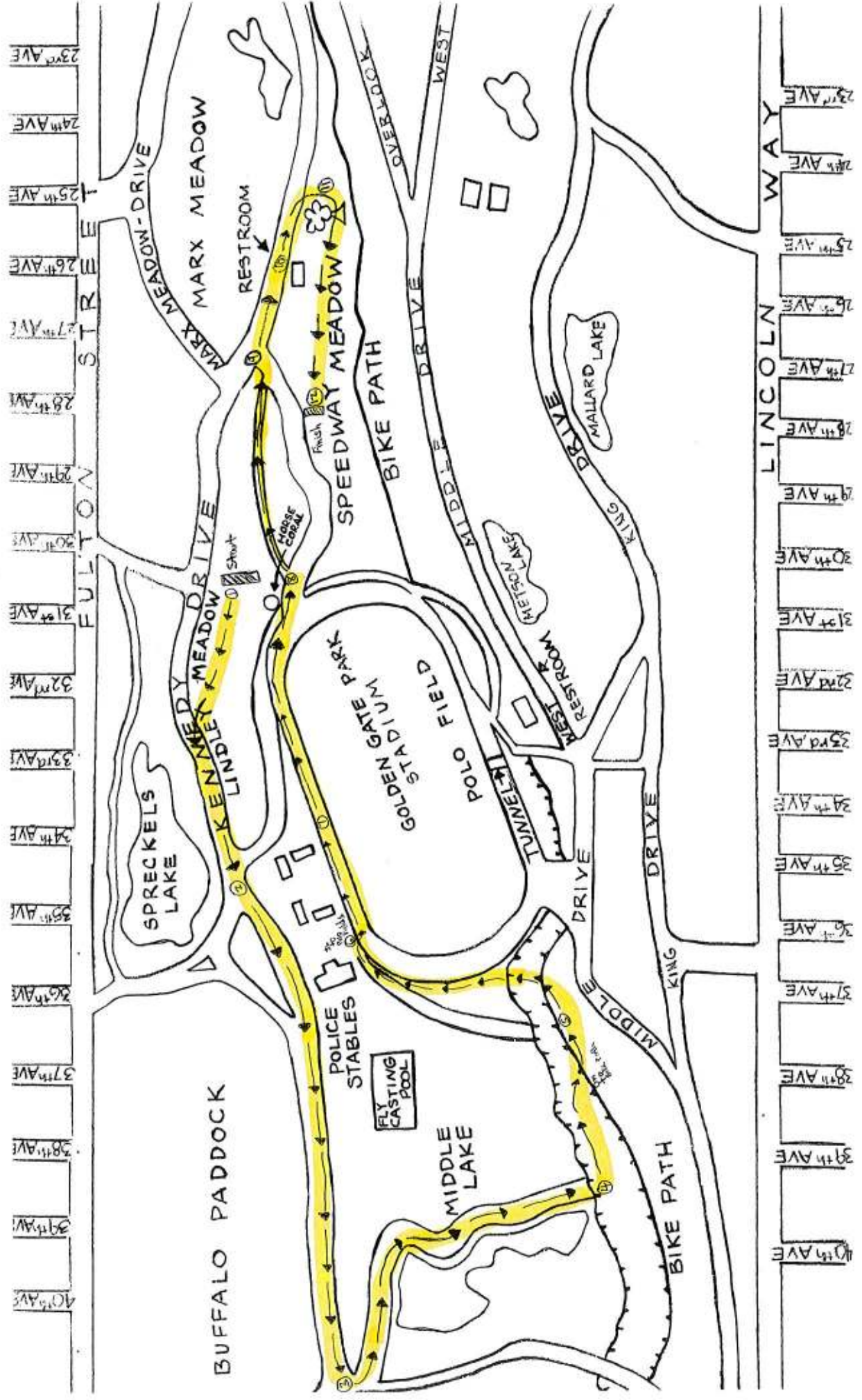
- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Check off the box for each athlete you wish to enter. You can check the “All” box to select (or un-select) your entire roster. Click “Submit”. You MUST click “Submit”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



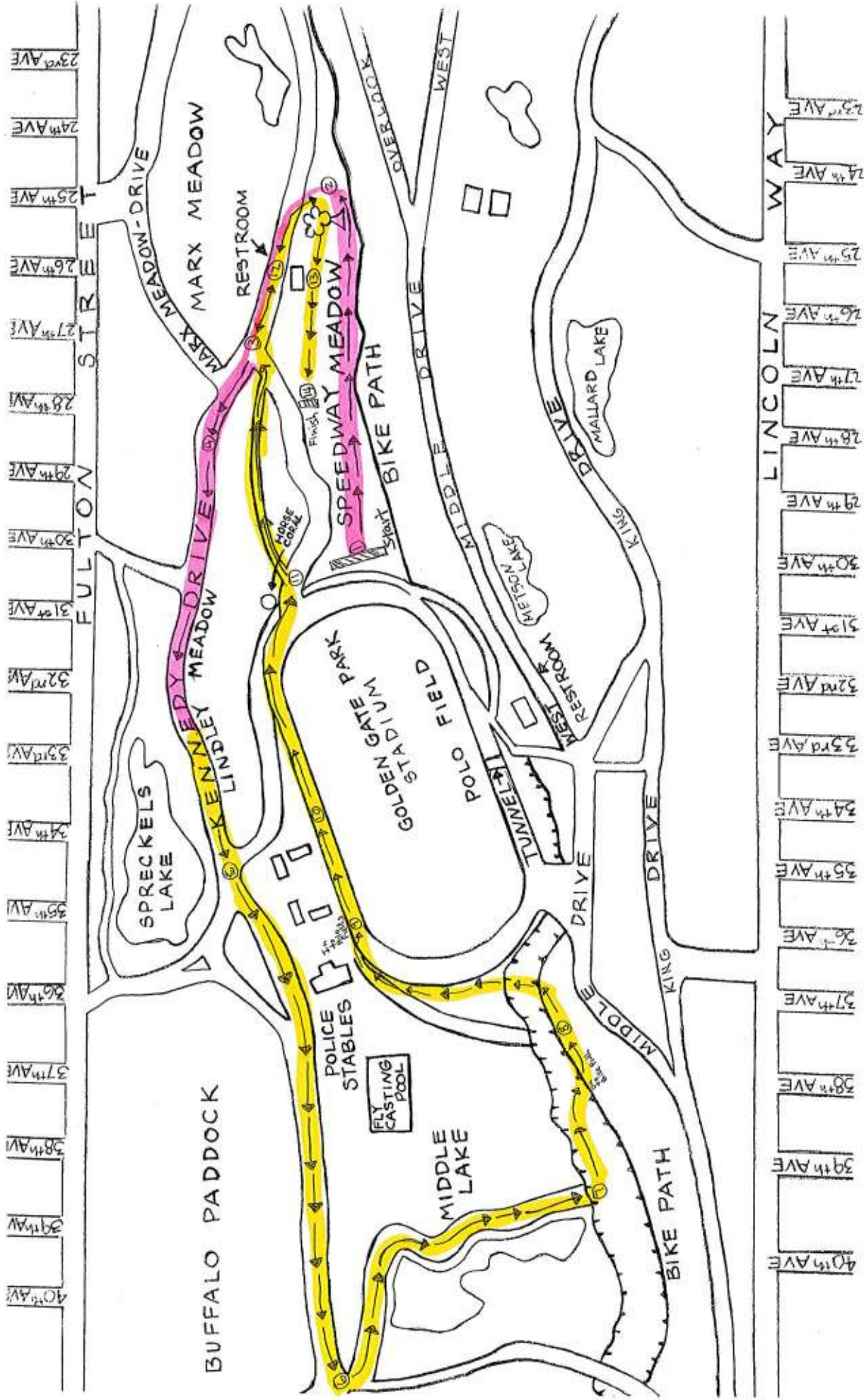
# LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



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

## Chip Instructions:

- 1) ALL athletes **MUST** wear the corresponding shoe chip as listed on your roster.
- 2) ALL athletes **MUST** wear the corresponding numbered “chip”.
  - Chips are numbered on the Black side. Make sure to match the correct numbers to the corresponding athlete numbers.
  - Chips are to be shoe laced into the shoe laces as shown.
  - Double knot laces.

**Do NOT put the chip in your sock, on your ankle, or in your pocket, etc. Only wear as shown.**



- 3) ALL chips, whether an athlete is running, **NOT** running, or **DOES NOT FINISH MUST** be turned in and/or collected after each race. We need them for another up coming race.
- 4) There is a **\$25** charge for **each** chip not returned



# LOWELL HIGH SCHOOL



## *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 12, 2015

SUBJECT: Race Day Instructions

Welcome to the 43rd annual San Francisco Cross Country Invitational Meet. This year marks the 37th 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, names of your runners and their assign chip number, computer chips, 2.13 mile course maps (F/S) and 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 they finish in. If you have a runner that does not have a chip, use a chip of a runner that is not running today of the same gender. 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 return their computer chips. **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. Result will also be at [recordtiming.com](http://recordtiming.com).
- 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

Awards can be pickup at the registration table or back of the truck 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!

Entry fees (based on names submitted) will be \$10.00 per individual, \$50.00 per division (5 to 15 runners. For ever runner over 15, an additional \$2 will be charged.) Each school will also be charged a \$45.00 website/facility fee. The maximum fee a school will pay will be based on the number of names that they are entering. Below is the maximum fee schedule:

<u>Number of Names</u>	<u>Maximum Fee</u>
1 – 30	\$210.00
31 – 40	\$220.00
41 – 50	\$230.00
51 – 60	\$240.00
61 – 70	\$250.00
71 – 80	\$260.00
81 – 90	\$270.00
91 – 100	\$280.00
101 – 110	\$290.00
111 – 120	\$300.00
121+	\$310.00

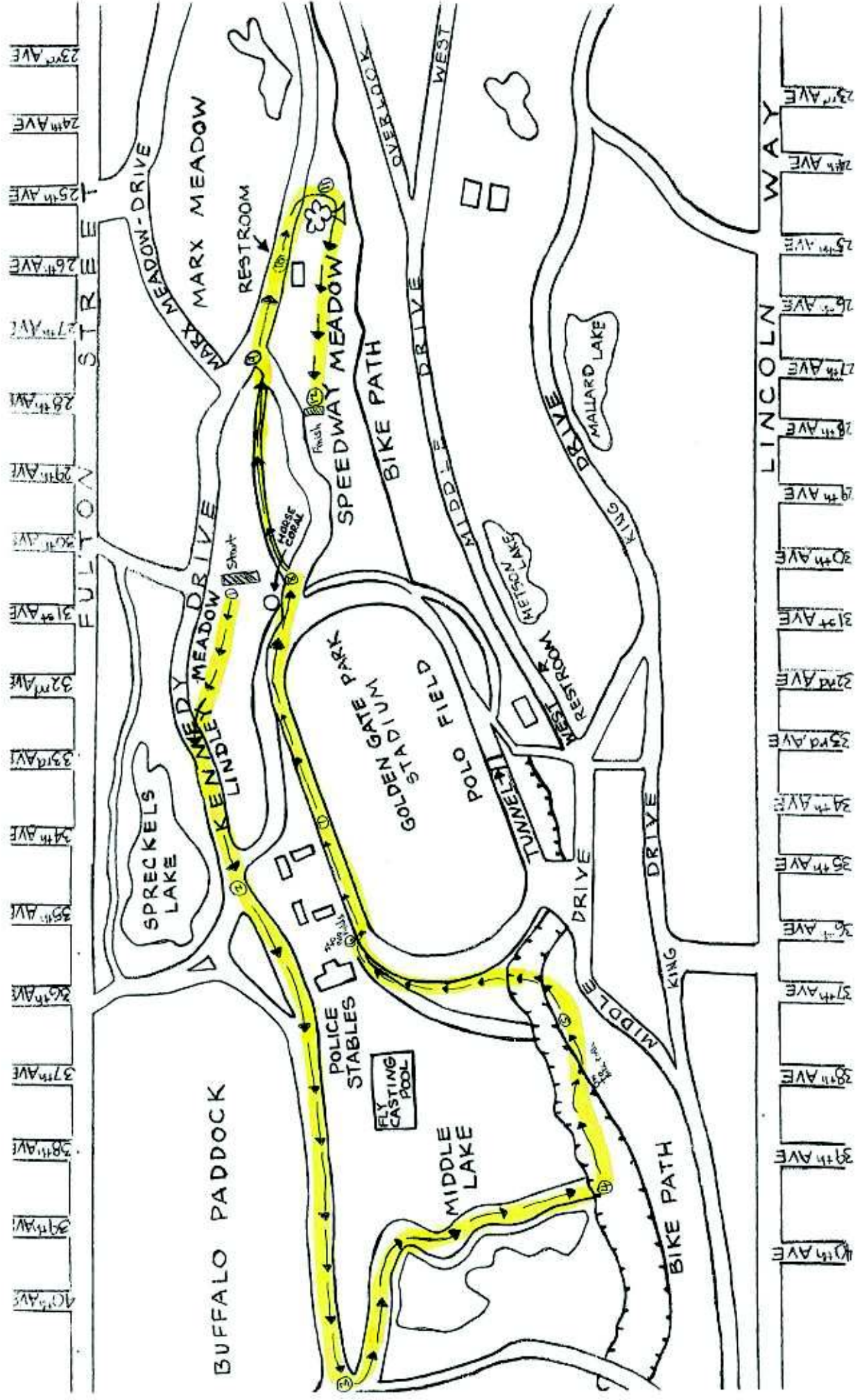
Checks should be made out to "**Lowell High School Track Team**".

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

Abraham Lincoln - S.F.	Fred C. Beyer	Mercy-Burlingame	Sequoia
Alameda	Geo.Washington-S.F.	Mercy-S.F.	Sir Francis Drake
Antioch	Granite Bay	Mills	Sonoma Academy
Aragon	Half Moon Bay	Milpitas	Sonoma Valley
Archbishop Riordan	Harker	Mountain View	South City
Bay School	Hillsdale	Newark Memorial	St. Francis-Mt. View
Bear Creek	Hughson	Notre Dame	St. Lawrence Academy
Carlmont	I.C.A.	Nueva	Stuart Hall
Castilleja	James Logan	Oakmont	Tokay
Cesar Chavez	Jefferson	Palo Alto	Ukiah
Christian Brothers	Junipero Serra	Phillip & Sala Burton	Vanguard Prep
Convent	Kennedy-Fremont	Piner	Villa Park
Crystal Springs	Las Lomas	S.F. Waldorf	Washington-Fremont
Design Tech	Lincoln - Stockton	S.H. Cathedral	Watsonville
El Camino	Livermore	Sacred Heart Prep	Westmoor
El Dorado	Los Altos	San Lorenzo	Will C Wood
Encinal	Lowell	San Lorenzo Valley	Woodside Priory
Evergreen Valley	Menlo	San Mateo	
Franklin	Menlo Atherton	San Ramon Valley	

Thank you for coming today and have a great time!

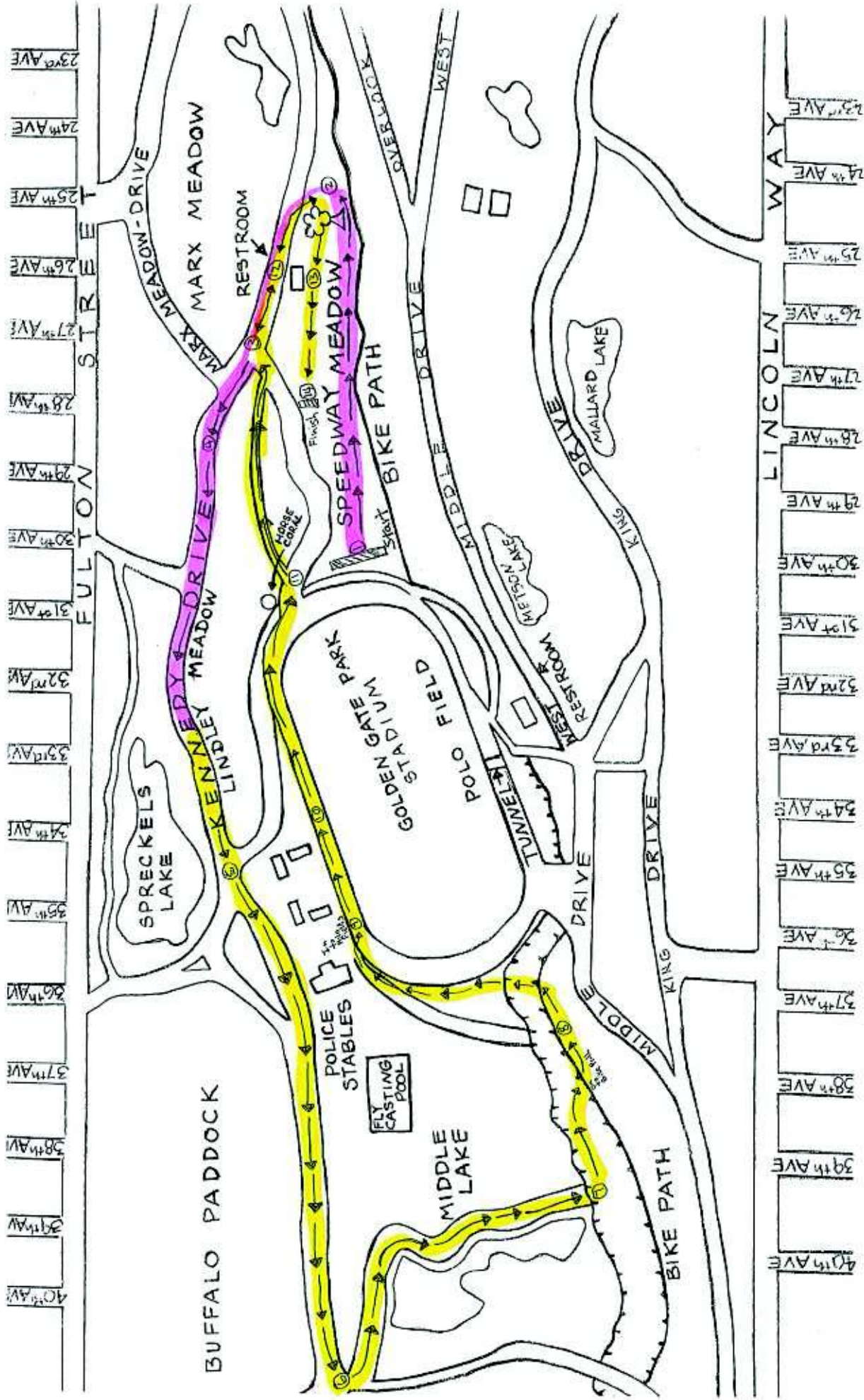
# LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



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



<b>JV Girls</b>		<b>Var Girls 1</b>		<b>Var Girls 2</b>		<b>Var Boys 1</b>	
Newark Memorial	32	Abraham Lincoln - S.F.	7	Watsonville	8	Watsonville	9
James Logan	21	Castilleja	7	Bay School	7	Bay School	7
Las Lomas	20	El Dorado	7	Carlmont	7	Bear Creek	7
Palo Alto	20	Evergreen Valley	7	Christian Brothers	7	Carlmont	7
St. Francis-Mt. View	20	Half Moon Bay	7	Encinal	7	Christian Brothers	7
San Ramon Valley	16	Hughson	7	Franklin	7	Encinal	7
I.C.A.	15	Lincoln - Stockton	7	Granite Bay	7	Franklin	7
Evergreen Valley	13	Menlo Atherton	7	Las Lomas	7	Geo.Washington-S.F.	7
Villa Park	12	Milpitas	7	Los Altos	7	Granite Bay	7
Westmoor	12	Palo Alto	7	Lowell	7	Hillsdale	7
Abraham Lincoln - S.F.	11	S.H. Cathedral	7	Mills	7	Lincoln - Stockton	7
Lincoln - Stockton	9	Mountain View	7	San Lorenzo Valley	7	Lowell	7
Menlo Atherton	9	San Ramon Valley	7	Newark Memorial	7	Menlo	7
Ukiah	9	Sequoia	7	Sonoma Academy	7	Menlo Atherton	7
Bear Creek	8	Sonoma Valley	7	St. Francis-Mt. View	7	Milpitas	7
Half Moon Bay	8	Stuart Hall/Convent	7	Livermore	6	Palo Alto	7
Encinal	7	Ukiah	7	Oakmont	6	Piner	7
Menlo	7	Tokay	6	Villa Park	7	San Ramon Valley	7
Notre Dame	7	Piner	6	Fred C. Beyer	6	Sonoma Academy	7
Oakmont	7	Westmoor	6	Alameda	5	Sonoma Valley	7
Bay School	6	Bear Creek	5	Antioch	5	St. Lawrence Academy	7
Carlmont	6	James Logan	5	Aragon	5	Ukiah	7
Franklin	6	Mercy-S.F.	5	Cesar Chavez	5	Westmoor	7
Mercy-S.F.	6	Sir Francis Drake	5	Crystal Springs	4	Half Moon Bay	6
Castilleja	5	Geo.Washington-S.F.	4	Woodside Priory	4	San Lorenzo	6
Mills	5	Nueva	3	S.F. Waldorf	4	Crystal Springs	5
Tokay	5	Sacred Heart Prep	2	Vanguard Prep	3	Junipero Serra	5
Alameda	4	South City	2	San Lorenzo	1	Livermore	5
Hughson	4	San Mateo	1	Jefferson	1	Sacred Heart Prep	5
Los Altos	4	Mercy-Burlingame	1	Harker	1	Tokay	5
South City	4					Jefferson	4
Hillsdale	3					S.F. Waldorf	4
Lowell	3		170		169		
Mercy-Burlingame	3	<b>Var Boys 2</b>					
Mountain View	3	Abraham Lincoln - S.F.	7	Nueva	4		208
Sequoia	3	Cesar Chavez	7	Woodside Priory	4		
Woodside Priory	3	El Camino	7	Phillip & Sala Burton	3		
Crystal Springs	2	El Dorado	7				
El Camino	2	Evergreen Valley	7				
Granite Bay	2	Fred C. Beyer	7				
Piner	2	Hughson	7				
Washington-Fremont	2	Las Lomas	7				
Will C Wood	2	Los Altos	7				
S.H. Cathedral	1	Mills	7				
San Lorenzo Valley	1	Mountain View	7				
Phillip & Sala Burton	1	Newark Memorial	7				
		Oakmont	7				
	351	S.H. Cathedral	7				
		San Lorenzo Valley	7				
		Sequoia	7				
		Sir Francis Drake	7				
		South City	7		207		
		Stuart Hall/Convent	7				
		Vanguard Prep	7				
		Villa Park	7				
		Will C Wood	7				
		James Logan	6				
		San Mateo	6				
		Alameda	5				
		Antioch	5				
		Aragon	5				
		Archbishop Riordan	5				
		Harker	5				
		Kennedy-Fremont	5				