

## 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



## *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 10, 2016

SUBJECT: Race Day Instructions

Welcome to the 44th annual San Francisco Cross Country Invitational Meet. This year marks the 38th 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 on the side of our truck, 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 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

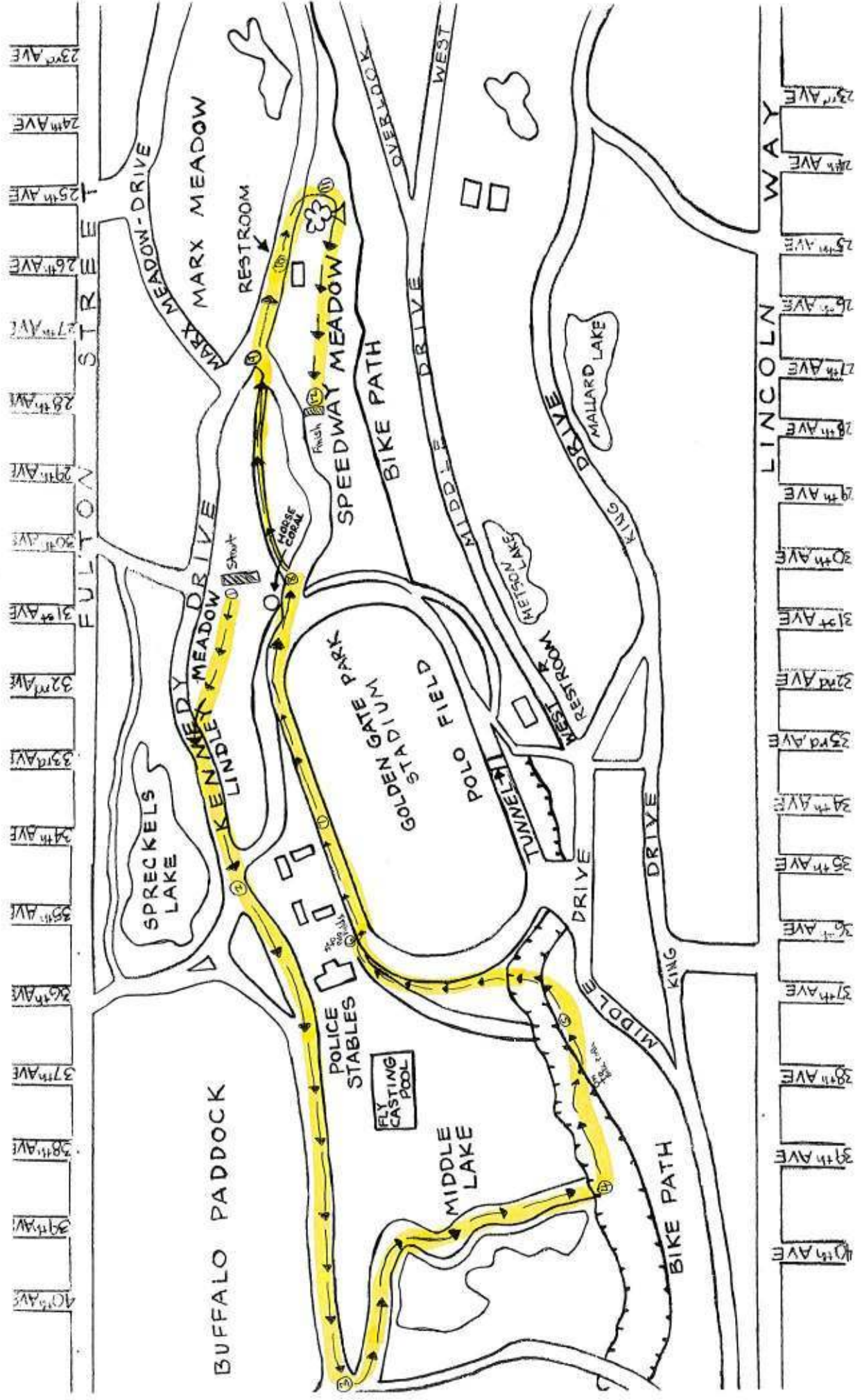
Checks should be made out to "**Lowell High School Track Team**".

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

Abraham Lincoln - S.F.	Galileo	Menlo Atherton	San Lorenzo
Alameda	Geo.Washington-S.F.	Mercy-Burlingame	San Mateo
Albany	Grace Davis	Mercy-S.F.	San Ramon Valley
Antioch	Granada	Mills	Santa Teresa
Aragon	Granite Bay	Milpitas	Sequoia
Archbishop Riordan	Half Moon Bay	Mission	S.F. University
Bay School	Harker	Montgomery	Sir Francis Drake
Bear Creek	Hillsdale	Mountain View	Sonoma Academy
Bella Vista	Hughson	Newark Memorial	Sonoma Valley
Carlmont	James Lick	Nueva	St. Francis-Mt. View
Castilleja	James Logan	Oakmont	Stuart Hall
Christian Brothers	Jefferson	Palo Alto	Tamalpais
Convent	Joseph A. Gregori	Phillip & Sala Burton	Ukiah
Crystal Springs	Junipero Serra	Piner	Urban
Design Tech	Lincoln - Stockton	Roberto Cruz	Vanguard Prep
El Camino-Sac	Livermore	Roseland University	Villa Park
El Camino-SSF	Livingston	Roseville	Watsonville
El Dorado	Los Altos	S.F. Waldorf	Westmoor
Encinal	Lowell	S.H. Cathedral	Will C Wood
Escalon	Luis Valdez	Sacramento Waldrof	Woodside
Evergreen Valley	M.L.King-Riverside	San Benito	Woodside Priory
Fred C. Beyer	Menlo		

Thank you for coming today and have a great time!

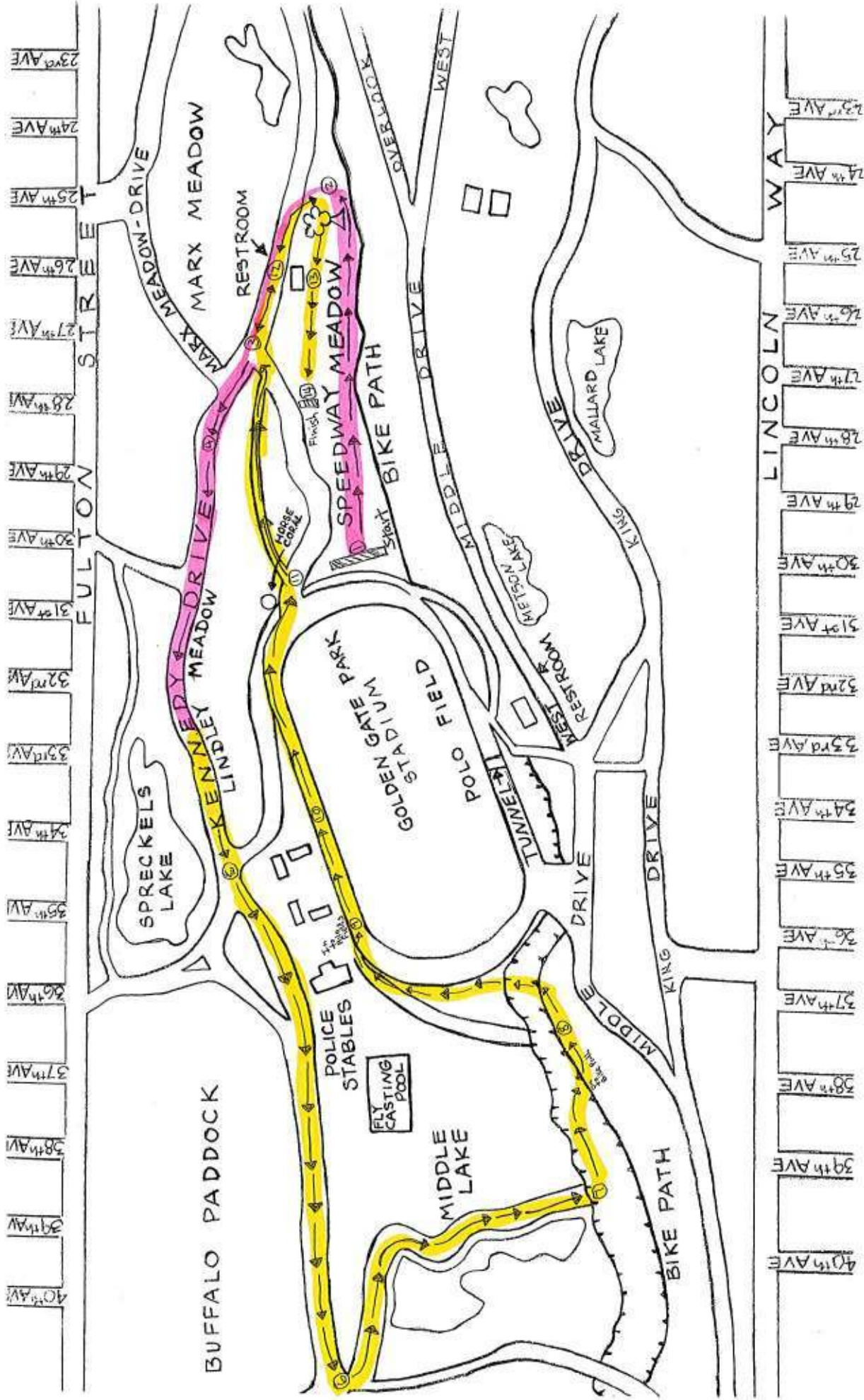
# LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



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>Frosh Boys 1</b>		<b>Frosh Boys 2</b>		<b>F/S Girls 1</b>		<b>F/S Girls 2</b>	
Palo Alto	24	James Logan	23	San Ramon Valley	26	Bella Vista	24
Archbishop Riordan	20	Hillsdale	22	Lowell	23	Palo Alto	23
Junipero Serra	18	San Ramon Valley	21	Granite Bay	21	Joseph A. Gregori	20
Woodside Priory	17	Evergreen Valley	15	James Logan	18	SF University	18
Newark Memorial	16	SF University	15	Westmoor	18	St. Francis-Mt. View	17
S.H. Cathedral	15	Lincoln - Stockton	14	Carlmont	16	Lincoln - Stockton	16
Abraham Lincoln - S.F.	13	Tamalpais	9	Mills	16	Newark Memorial	16
Lowell	13	Granada	11	Bear Creek	15	Antioch	14
Nueva	12	M.L.King-Riverside	11	Oakmont	14	Tamalpais	14
Menlo Atherton	12	Escalon	10	Woodside	14	Evergreen Valley	13
Design Tech	11	Oakmont	10	Granada	12	Hughson	12
Stuart Hall/Convent	11	San Benito	10	Menlo Atherton	11	Alameda	11
Alameda	10	Granite Bay	9	Woodside Priory	11	Hillsdale	10
Aragon	10	Joseph A. Gregori	9	Nueva	10	Stuart Hall/Convent	10
Crystal Springs	10	Albany	7	Harker	9	Los Altos	9
Woodside	10	Grace Davis	7	Mercy-Burlingame	9	S.H. Cathedral	9
Mills	9	Half Moon Bay	7	San Benito	9	Sir Francis Drake	9
Urban	9	Bear Creek	6	Grace Davis	8	M.L.King-Riverside	8
Carlmont	7	Hughson	6	Mountain View	8	El Dorado	7
Sequoia	6	Mountain View	6	Urban	8	Fred C. Beyer	7
Westmoor	6	Harker	6	Abraham Lincoln - S.F.	6	Aragon	6
Geo.Washington-S.F.	3	James Lick	5	El Camino-SSF	5	Galileo	6
San Lorenzo	2	Piner	5	Livermore	5	Albany	5
San Mateo	2	Santa Teresa	5	San Mateo	5	Half Moon Bay	5
El Camino-SSF	1	Fred C. Beyer	4	Crystal Springs	4	Luis Valdez	5
		Luis Valdez	4	Piner	4	Sequoia	5
		Roseland University	4	San Lorenzo	4	Phillip & Sala Burton	4
		Sir Francis Drake	3	Design Tech	2	Roseland University	4
		Watsonville	3	Escalon	1	Roberto Cruz	3
		Roseville	2	Watsonville	1	Jefferson	2
						Santa Teresa	1
	267		269		313		312
<b>Soph Boys 1</b>		<b>Soph Boys 2</b>		<b>NV Boys 1</b>		<b>NV Boys 2</b>	
Palo Alto	28	James Logan	24	James Logan	33	Joseph A. Gregori	29
Lincoln - Stockton	19	Junipero Serra	20	San Ramon Valley	21	Palo Alto	28
Escalon	18	Antioch	16	Carlmont	19	Los Altos	19
Oakmont	15	Westmoor	15	Mountain View	18	Menlo	19
Mills	13	Los Altos	14	Westmoor	18	Ukiah	17
Granite Bay	12	Joseph A. Gregori	12	Abraham Lincoln - S.F.	16	Bay School	16
M.L.King-Riverside	12	San Ramon Valley	12	Villa Park	16	Granada	15
Carlmont	11	Granada	11	Oakmont	15	San Benito	14
Stuart Hall/Convent	11	Fred C. Beyer	10	Evergreen Valley	13	Mills	13
Lowell	10	Newark Memorial	10	Hillsdale	12	Junipero Serra	12
Nueva	10	San Benito	10	Bear Creek	11	S.H. Cathedral	12
SF University	10	El Dorado	9	Lowell	11	Roseville	11
Crystal Springs	9	Evergreen Valley	9	Sonoma Academy	11	Tamalpais	11
Harker	9	Luis Valdez	9	Albany	10	El Camino-SSF	10
Sir Francis Drake	9	Mountain View	8	Hughson	10	Lincoln - Stockton	10
Piner	8	Alameda	7	Menlo Atherton	10	Crystal Springs	9
El Camino-SSF	7	Galileo	7	Piner	9	Will C Wood	9
Menlo Atherton	7	Hillsdale	7	Granite Bay	8	Newark Memorial	8
Archbishop Riordan	6	Bear Creek	6	Sequoia	8	Woodside	8
Design Tech	6	Livermore	6	Nueva	7	SF University	7
Woodside	6	Roberto Cruz	5	Stuart Hall/Convent	7	Antioch	6
Aragon	4	Sequoia	5	Encinal	6	Escalon	6
Half Moon Bay	3	Santa Teresa	5	Sir Francis Drake	6	Half Moon Bay	5
Phillip & Sala Burton	3	Grace Davis	4	Jefferson	5	Urban	5
Roseland University	2	Jefferson	3	Alameda	4	Aragon	4
San Lorenzo	2	Woodside Priory	3	Archbishop Riordan	4	Livermore	4
Vanguard Prep	2	Roseville	2	Fred C. Beyer	3	Vanguard Prep	4
Watsonville	1	San Mateo	2	Harker	3	James Lick	3
		Geo.Washington-S.F.	1	Luis Valdez	3	Roseland University	3
				San Lorenzo	3	Woodside Priory	3
				Galileo	2	Grace Davis	2
				M.L.King-Riverside	2	Phillip & Sala Burton	2
				Design Tech	1		
	253		252		325		324

<b>NV Girls</b>		<b>Var Girls 1</b>		<b>Var Girls 2</b>		<b>Var Boys 1</b>	
San Ramon Valley	14	Montgomery	9	Palo Alto	8	Montgomery	10
St. Francis-Mt. View	14	Abraham Lincoln - S.F.	8	Carlmont	7	Christian Brothers	8
Bella Vista	11	Bay School	7	El Camino-Sac	7	Palo Alto	8
Half Moon Bay	11	Milpitas	8	Encinal	7	S.F. Waldorf	8
Hughson	11	Aragon	7	Granada	7	Aragon	7
James Logan	11	Bella Vista	7	Half Moon Bay	7	Archbishop Riordan	7
Oakmont	11	Christian Brothers	7	Hughson	7	Bay School	7
Ukiah	11	El Dorado	7	Lincoln - Stockton	7	Bear Creek	7
Alameda	10	Escalon	7	Lowell	7	Carlmont	7
S.H. Cathedral	10	Granite Bay	7	Los Altos	7	El Dorado	7
Will C Wood	10	Joseph A. Gregori	7	Mills	7	Escalon	7
Woodside	10	Livingston	7	Nueva	7	Granite Bay	7
Aragon	9	M.L.King-Riverside	7	Oakmont	7	Half Moon Bay	7
Villa Park	9	Menlo Atherton	7	S.H. Cathedral	7	James Logan	7
Lincoln - Stockton	8	Mercy-S.F.	7	San Ramon Valley	7	Lincoln - Stockton	7
Menlo	8	Mountain View	7	Sir Francis Drake	7	Los Altos	7
Palo Alto	8	Newark Memorial	7	Sonoma Academy	7	Lowell	7
Roseville	8	Sequoia	7	Ukiah	7	M.L.King-Riverside	7
Tamalpais	8	St. Francis-Mt. View	7	Villa Park	7	Menlo Atherton	7
Granada	7	Stuart Hall/Convent	7	Watsonville	7	Milpitas	7
Joseph A. Gregori	7	Westmoor	7	Alameda	6	Oakmont	7
Lowell	7	Will C Wood	7	Geo.Washington-S.F.	6	S.H. Cathedral	7
Mercy-S.F.	7	Woodside	7	Piner	6	Sacramento Waldrof	7
Evergreen Valley	6	Bear Creek	6	SF University	6	Sequoia	7
Menlo Atherton	6	Castilleja	6	Sonoma Valley	6	Stuart Hall/Convent	7
Roseland University	6	Livermore	6	Albany	5	Tamalpais	7
San Benito	6	Sacramento Waldrof	6	Evergreen Valley	5	Watsonville	7
Sonoma Academy	6	San Benito	6	Grace Davis	5	Woodside	7
Westmoor	6	El Camino-SSF	4	Santa Teresa	5	Antioch	6
Antioch	5	Fred C. Beyer	3	Urban	5	Nueva	6
Bay School	5	Tamalpais	3	James Logan	5	Sonoma Academy	6
Carlmont	5	Mission	2	Woodside Priory	4	Mission	5
Encinal	5	San Mateo	2	James Lick	3	Sir Francis Drake	5
Galileo	5	Harker	1	Mercy-Burlingame	2	Woodside Priory	5
M.L.King-Riverside	5	Crystal Springs	1	Vanguard Prep	2	Roseland University	2
Mills	5						
Mountain View	5		211		212		237
Harker	4	<b>Var Boys 2</b>					
Hillsdale	4	Albany	7	Junipero Serra	6		
Los Altos	4	El Camino-SSF	7	Santa Teresa	6		
Luis Valdez	4	Encinal	7	Alameda	6		
Newark Memorial	4	Galileo	7	Evergreen Valley	5		
San Lorenzo	4	Grace Davis	7	Livermore	5		
Stuart Hall/Convent	4	Granada	7	San Mateo	5		
Castilleja	3	Hillsdale	7	Crystal Springs	3		
Crystal Springs	3	Hughson	7	Geo.Washington-S.F.	3		
Escalon	3	Joseph A. Gregori	7				
Fred C. Beyer	3	Livingston	7		238		
James Lick	3	Menlo	7				
Woodside Priory	3	Mills	7				
Granite Bay	2	Mountain View	7				
Jefferson	2	Newark Memorial	7				
Mercy-Burlingame	2	Piner	7				
Watsonville	2	San Benito	7				
Santa Teresa	1	San Lorenzo	7				
Sequoia	1	San Ramon Valley	7				
		SF University	7				
	352	Sonoma Valley	7				
		Ukiah	7				
		Urban	7				
		Villa Park	7				
		Westmoor	7				
		Will C Wood	7				
		Design Tech	6				
		El Camino-Sac	6				
		Fred C. Beyer	6				
		James Lick	6				



