WESTMOOR HIGH SCHOOL
131 WESTMOOR AVE.
DALY CITY, CALIFORNIA 94015

Dear Coach:

Westmoor High School would like to invite you and your team to participate in the 38th annual Ram Invitational to be held on Saturday, September 28, 2019, at Westmoor High School.

The meet will conform to all C.I.F. regulations.

Timing chips will be used for the first time at the Ram Invitational which should alleviate finish line and chute issues.

Important Notice: Due to recent facility upgrades nearly all fields, including the upper fields, are artificial turf. For this reason there can be no stakes or sharp objects used to hold down team tents. Also, there can be no barbequing or cooking on the turf. No animals will be allowed on the turf either.

Due to the size of most races, we will split all divisions into two races. Teams will be assigned a race the day of the meet. Your team will either run in Race #1 or Race #2. Awards will remain the same. Winners of each race can receive their awards thirty minutes after each race at the Awards Table. Once the race is completed and the points have been calculated, there will be a star placed next to your name or team on a posted race entry sheet, which will indicate you have won an award.

We anticipate having a similar course to last year, at approximately 2.4 miles in length. Continued construction at Westmoor High School will likely change one turn at most on the course this year. We estimate being able to provide course maps once the school year has resumed.

SCHEDULE

7:30 A.M.	Walk course (maps provided)
8:30 A.M.	Coaches and Alumni race
9:00 A.M.	Boys Frosh Race #1
9:30 A.M.	Boys Frosh Race #2
10:00 A.M.	Girls Frosh/Soph Race #1
10:30 A.M.	Girls Frosh/Soph Race #2
11:00 A.M.	Boys Soph Race #1
11:30 A.M.	Boys Soph Race #2
12:00 P.M.	Girls JV Race #1
12:30 P.M.	Girls JV Race #2
1:00 P.M.	Boys JV Race #1

1:30 P.M.	Boys JV Race #2
2:00 P.M.	Girls Varsity Race #1
2:30 P.M.	Girls Varsity Race #2
3:00 P.M.	Boys Varsity Race #1
3:30 P.M.	Boys Varsity Race #2

AWARDS

Team Awards (Medals)

BOYS

Frosh - 1st team (7) in each race
Soph - 1st team (7), 2nd team (7) in each race
JV - 1st team (7) in each race
Varsity - 1st team (7), 2nd team (7) in each race

GIRLS

Frosh/Soph - 1st team (7), 2nd team (7) - in each race
JV - 1st team (7) - in each race
Varsity - 1st team (7), 2nd team (7) in each race

Team plaques awarded to all first place teams (14).

Individual plaques to all race winners (14).

Boys Frosh - First 20 (not on winning team) - both races
Boys Soph - First 20 (not on winning team) - both races
Girls Frosh/Soph - First 20 (not on winning team) - both races
Boys JV - First 20 (not on a winning team) - both races
Girls JV - First 20 (not on a winning team) - both races
Boys & Girls Varsity - First 25 (not on winning team)

Total: 454 medals, 14 team plaques, 14 individual race winners' plaques

T-shirts will be on sale:

FEES

$ 10.00 per individual
$ 70.00 per team
$300.00 maximum

Please make checks payable to <u>WESTMOOR HIGH SCHOOL</u>.

GENERAL INFORMATION

    A) Come dressed to run. No dressing room facilities will be provided.

    B) Bathrooms will be open on track facility.

    C) You must enter a Varsity team before you enter a JV team. A school will be subject to disqualification if they have faster runners on their JV team than on their Varsity team.

    D) A concession stand will be open so that runners may purchase items. Again this year we will be selling Ram Invitational T-shirts. Please tell all your runners.

    E) A school official must accompany all athletes entered in the meet. Coaches should be reminded they will be expected to control all their athletes.

    F) Again this year we will have an athletic trainer on site during the entire meet.

    G) Team Tents may not be set up on the football field

    H) For more information contact:

Coach Ron DiMaggio:
Home phone - (650) 573-6290 (after 7 P.M.)
Cell – (650) 576-5370

Assistant Coach Marc Chan – mchan1@juhsd.net

Westmoor High School - (650) 550-7430 (between 9AM-3:00PM).
Leave a voicemail with a call back number if there is no response.

DIRECTIONS TO WESTMOOR HIGH SCHOOL

Westmoor High School is located in Daly City, California, just south of San Francisco.

Coming from the south, take 280 headed north towards Daly City. Take the Pacifica-Mission St. turn-off, which is opposite Serramonte Shopping Center. As you come off the freeway, stay in the left hand lane going towards Pacifica. Then take Skyline Blvd. North (35). This exit is the second exit and is only about 1/4 mile from 280. Once on Skyline, take the first right at the stoplight. This will be Westmoor Ave. Westmoor High School will be straight ahead approximately four blocks. Parking lot is located in the back of the school.

Coming from the north, take 280 South towards Daly City. Take the Pacifica turn-off. Then take Skyline Blvd. North (35). This exit is the second exit and is only about 1/4 mile from 280. Once on Skyline, take the first right at the stop light. This will be Westmoor Ave. Westmoor High School will be straight ahead approximately four blocks. Parking lot is located in the back of the school.

ENTRY FEE CALCULATOR

SCHOOL_____

COACH_____

DIVISION	TEAM ($70)	INDIVIDUAL RUNNERS ($10.00 PER RUNNER)	FEE
Freshmen Boys	_____	_____	_____
Soph Boys	_____	_____	_____
JV Boys	_____	_____	_____
Varsity Boys	_____	_____	_____
Frosh/Soph Girls	_____	_____	_____
JV Girls	_____	_____	_____
Varsity Girls	_____	_____	_____
TOTALS	_____	_____	_____

You may enter a team in any Division with more than seven runners, with the exception of the Boys and Girls Varsity. Awards will only be given out to your top seven runners if your team should win.

FEES $ 70.00   Team
           $ 10.00   Individual
           $300.00   Maximum

Mail checks payable to the **WESTMOOR HIGH SCHOOL**.

Mail check to: Ron DiMaggio
                               Cross Country Coach
                               Westmoor High School
                               131 Westmoor Ave.
                               Daly City, CA. 94015

Ram Invitational Online Entry Instructions (#157974)

Date	9/28/2019		**Host**	Westmoor
Location	Westmoor HS		**Director**	Ron DiMaggio
	131 Westmoor Avenue, Daly City, CA, Daly City 94015		**Email**	mchan1@juhsd.net
First Race	9:00 AM		**Phone**	(650) 550-7430

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to the website: www.athletic.net

- Click on 'Log In' in the upper right hand corner, and then click '**Sign Up**' on the bottom of that screen.

- Complete the signup wizard

- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net

- Navigate to the Events page

- Start typing **Ram Invitational** into the Search Box

- Expand the meet card, and find the button to add this meet to your teams calendar

- Repeat this process for the rest of your season calendar *(You can also find meets by date and location)*

- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard

- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.

- Click on Manage Team

- Click on Edit Roster under Athletes

- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for Ram Invitational

- Locate **Ram Invitational** on your team's main Cross Country page and click on it

- Click "**Register Athletes**"

- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).

- Use the "Add an athlete" buttons to add athletes to your roster if needed.