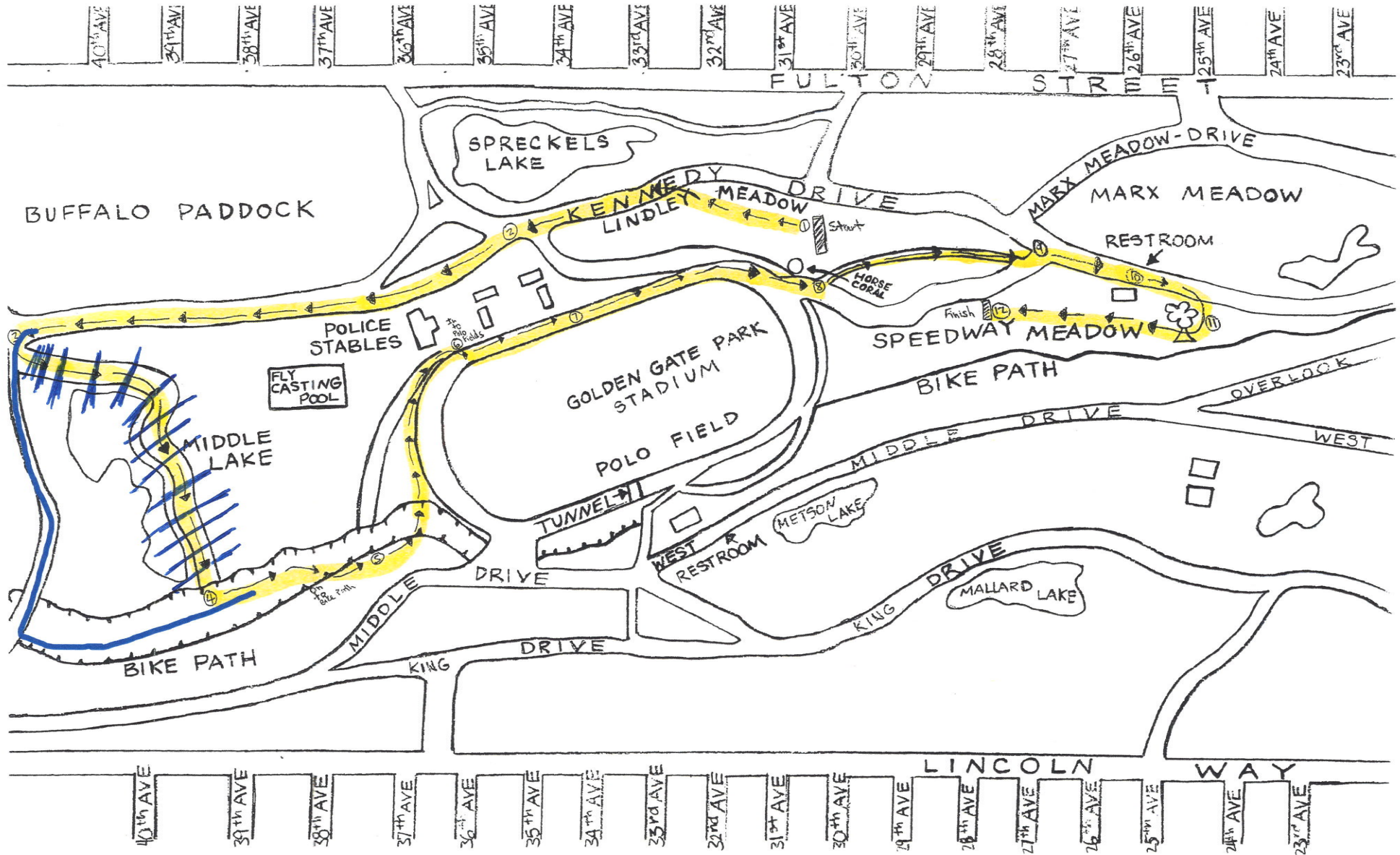


For 2022 Meet Only

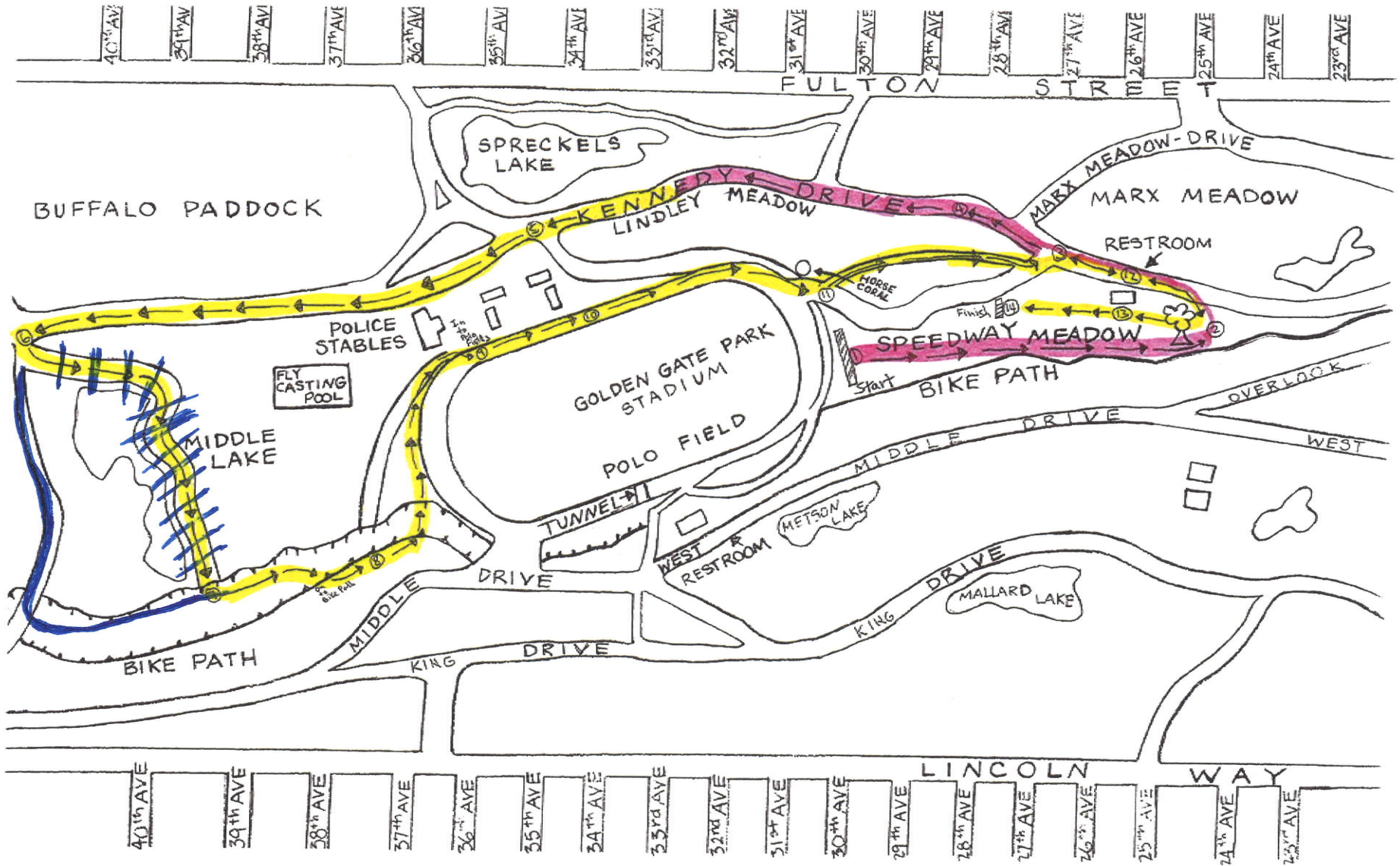
LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



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

For 2022 Meet Only

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

Today we are using **DISPOSABLE BIB CHIPS**.

They do NOT need to be returned.

Hand out according to their **assigned number on your roster**.

Dispose of unused bibs. Do not bring or use at another meet.

Pins in each of the **4 corners**.

Bibs to be worn on the **front of singlet**.

Instruct Athletes **NOT** to:

- Remove chip
- Bend chip
- Pierce chip with a pin
- Crumple Bib number

Doing ANY of the above may cause an athlete to be missed in the results

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 10, 2022

SUBJECT: Race Day Instructions

Welcome to the 49th San Francisco Cross Country Invitational Meet. This year marks the 43rd 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 bib number, bib instructions, bibs and pins, 2.13 mile course maps (F/S) and 2.93 mile course maps.
- 2) Your runners will be recorded in the race that they finish in. If you have a runner that does not have a bib, fill out a name change form for a bib of a runner that is not running today. Do this ASAP.
- 3) Runners are asked to leave the finish line area as soon as possible. **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 <https://rt.trackscoreboard.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 your runners to watch for bikes and horses on all paths.
- 8) A Varsity team must be entered before you can enter a Non Varsity team. If you have a special situation, speak to Meet Director Andy Leong before the Non Varsity 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
Non V Boys 1	11:30 AM	2	9
Non V Boys 2	11:55 AM	2	9
Non 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 \$20.00.

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 \$15.00 per name. Each school will also be charged a \$25.00 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	\$370.00
31 – 40	\$385.00
41 – 50	\$400.00
51 – 60	\$415.00
61 – 70	\$430.00
71 – 80	\$445.00
81 – 90	\$460.00
91 – 100	\$475.00
101 – 110	\$490.00
111 – 120	\$505.00
121+	\$520.00

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

On top of your entry fees above, teams traveling by bus and wishing to park near the meet, must pay \$10/per bus to park in the lot on the Great Highway. Busses will not be allowed to park in Golden Gate Park.

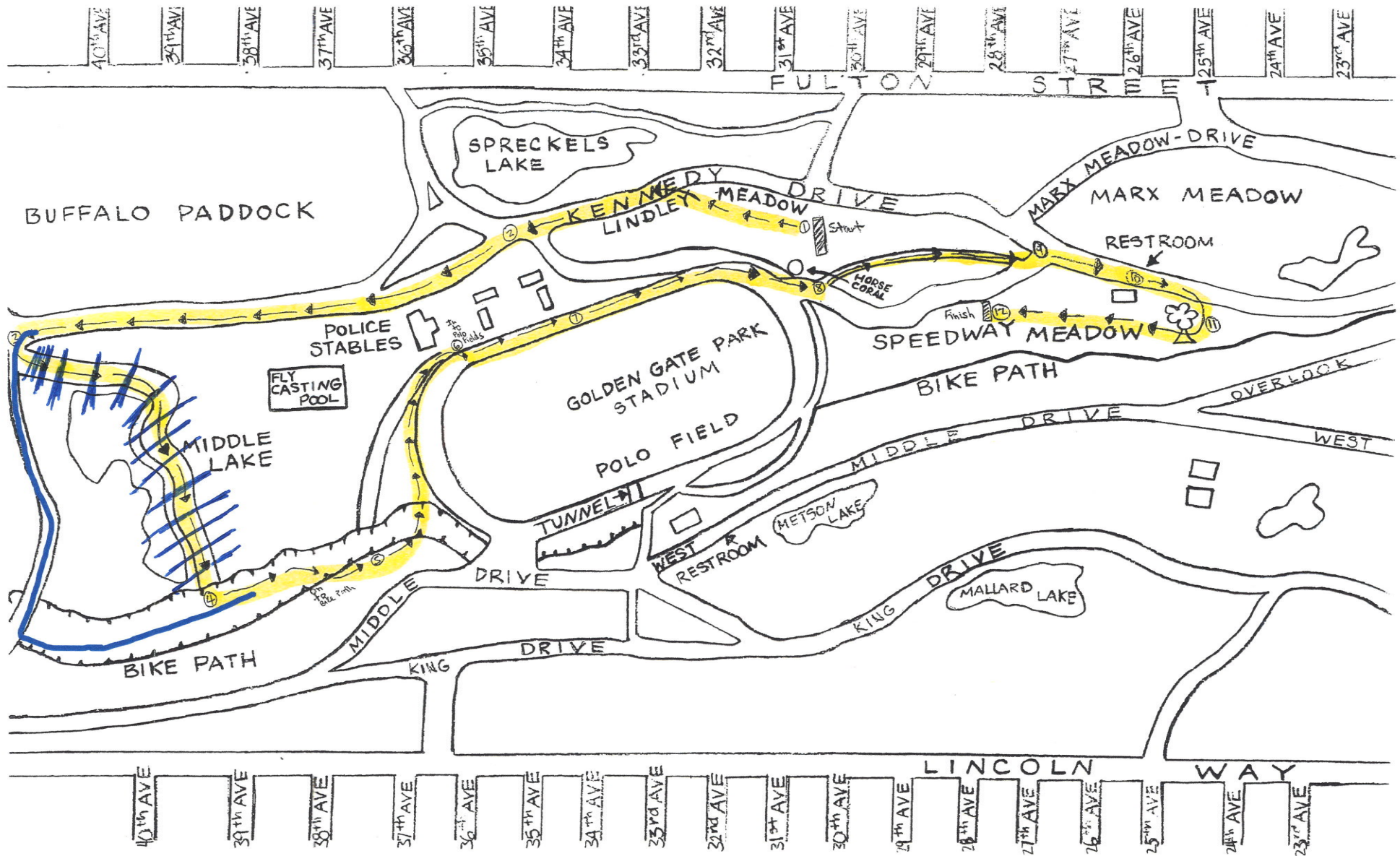
The following schools have entered and are expected to participate in today's meet:

Alameda	El Cerrito	Marin Catholic	Sacred Heart Prep
Albany	El Dorado	McClatchy	San Domenico
American	Encinal	Menlo School	Saratoga
Antioch	Firebaugh	Menlo Atherton	Saugus
Aragon	Galileo	Mills	Sequoia
Arcadia	Granada	Monte Vista	SF University
Archbishop Riordan	Granite Bay	Montgomery	Sonoma Academy
Archie Willams	Gregori, Joseph A.	Mountain View	Tamalpais
Bay School	Gunn, Henry M.	North Valleys-Reno	Terra Linda
Bear Creek	Half Moon Bay	Notre Dame-Belmont	Terra Nova
Bellarmino	Healdsburg	Notre Dame-San Jose	Tokay
Branson	Junipero Serra	Novato	Ukiah
Burton, Phillip & Sala	Kennedy, John F.	The Nueva School	Urban
Carlmont	Kipp San Jose	Oakmont	Washington, Geo.-S.F.
Castilleja	Las Lomas	Palo Alto	Watsonville
Clovis North	Latino College Prep	Piedmont	Westmont
Convent/Stuart Hall	Leigh	Piner	Westmoor
Crystal Springs	Liberty	Pioneer	Wood, Will C.
Design Tech	Livermore	Prospect	Woodcreek
Dougherty Valley	Los Altos	Redwood	Woodside
Eastside Prep	Lowell	S.H. Cathedral	Woodside Priory
El Camino-SSF			

Thank you for coming today and have a great time!

For 2022 Meet Only

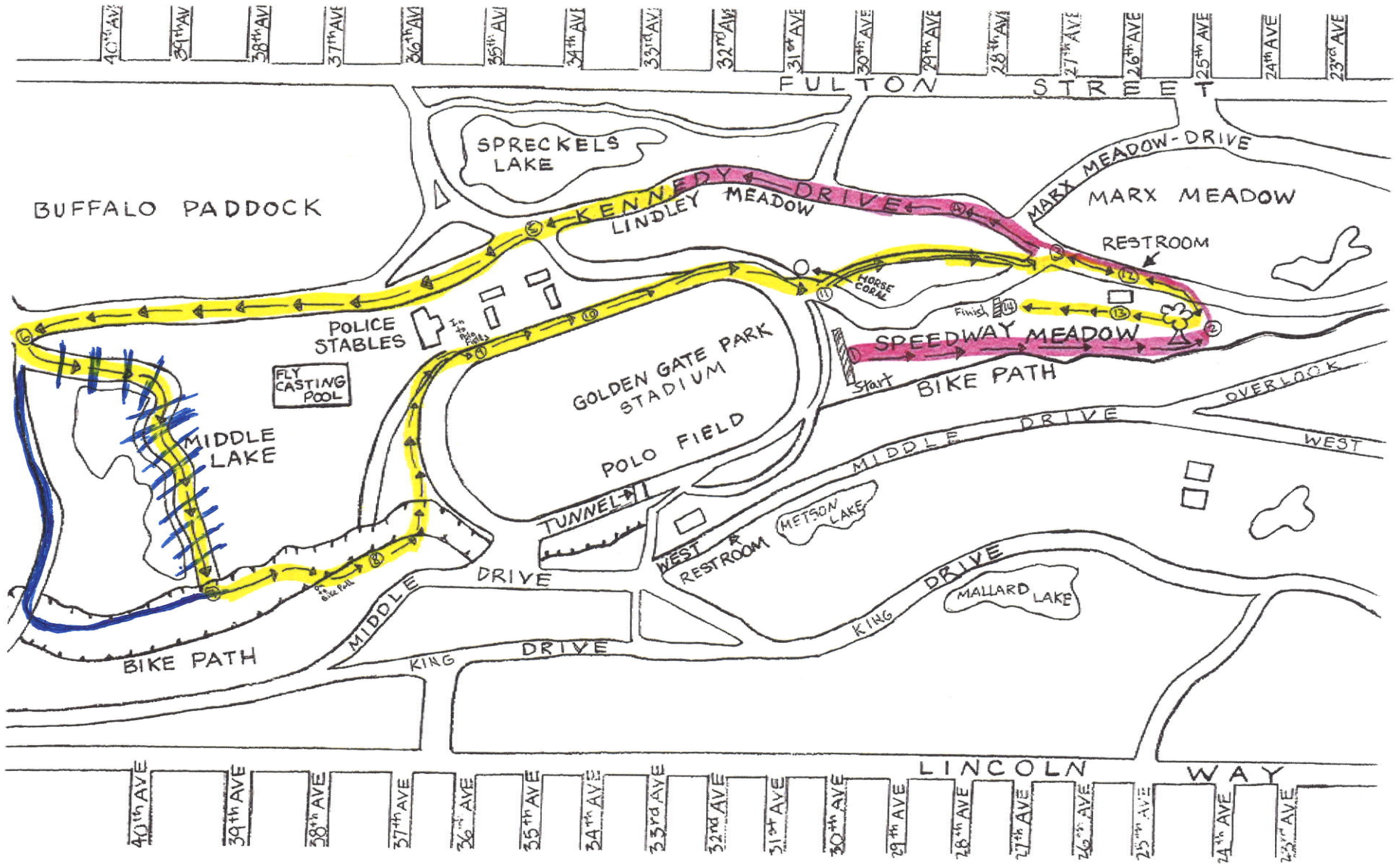
LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



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

For 2022 Meet Only

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

Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2	
Bellarmino	40	Archbishop Riordan	27	Los Altos	24	Redwood	21
Convent/Stuart Hall	21	Los Altos	23	Las Lomas	17	Prospect	19
Redwood	18	Prospect	23	SF University	17	Granada	16
Menlo Atherton	13	Menlo School	15	Gregori, Joseph A.	14	Gunn, Henry M.	14
Albany	11	Mountain View	13	Notre Dame-San Jose	14	Mountain View	13
SF University	11	Granada	12	The Nueva School	12	Alameda	11
Gunn, Henry M.	10	Junipero Serra	11	Piedmont	11	Menlo Atherton	11
Washington, Geo.-S.F.	10	McClatchy	10	Dougherty Valley	10	Archbishop Riordan	10
Mills	9	Palo Alto	9	Marin Catholic	10	Kipp San Jose	10
Piedmont	9	Dougherty Valley	8	Crystal Springs	9	Tokay	10
S.H. Cathedral	9	Monte Vista	7	Granite Bay	9	Lowell	9
Alameda	9	Archie Willams	6	Bear Creek	8	Clovis North	8
Urban	8	Clovis North	6	Monte Vista	8	Notre Dame-Belmont	8
Sequoia	7	Granite Bay	6	Tamalpais	8	Aragon	7
Las Lomas	6	Leigh	6	El Dorado	7	Archie Willams	7
Marin Catholic	6	Tamalpais	6	Latino College Prep	7	Firebaugh	7
Westmont	6	Aragon	5	Pioneer	7	McClatchy	7
Bay School	5	Design Tech	5	S.H. Cathedral	7	Castilleja	6
Kipp San Jose	5	Lowell	5	Half Moon Bay	6	Palo Alto	6
Terra Linda	5	Oakmont	5	Mills	5	San Domenico	5
Carlmont	4	Woodside	5	Washington, Geo.-S.F.	5	Albany	4
Pioneer	4	Gregori, Joseph A.	4	Burton, Phillip & Sala	4	Design Tech	4
Galileo	3	Tokay	4	Galileo	4	Healdsburg	4
Latino College Prep	3	Bear Creek	3	Liberty	4	Oakmont	4
The Nueva School	3	Eastside Prep	3	Bay School	3	Woodside Priory	4
San Domenico	3	Firebaugh	3	Eastside Prep	3	Westmoor	4
Burton, Phillip & Sala	2	Healdsburg	3	Novato	3	Convent/Stuart Hall	3
El Camino-SSF	1	Liberty	3	Sequoia	3	El Cerrito	3
Terra Nova	1	Piner	3	Terra Nova	3	Piner	3
Half Moon Bay	1	Livermore	2	Antioch	2	Terra Linda	3
		Antioch	1	Sonoma Academy	2	Urban	3
		North Valleys-Reno	1	North Valleys-Reno	1	Carlmont	2
						Livermore	1
	243		243		247		247
Soph Boys 1		Soph Boys 2		NV Boys 1		NV Boys 2	
Bellarmino	35	Los Altos	26	Bellarmino	26	Bellarmino	26
Tamalpais	19	Prospect	23	Granada	18	Los Altos	22
Albany	16	Mills	17	Junipero Serra	15	Mills	14
Junipero Serra	13	Mountain View	13	Convent/Stuart Hall	13	Oakmont	12
Crystal Springs	12	Westmoor	12	Pioneer	11	Redwood	11
Archie Willams	11	Design Tech	11	S.H. Cathedral	11	Woodcreek	11
McClatchy	11	Lowell	11	Alameda	9	El Cerrito	9
Menlo Atherton	11	SF University	11	Sacred Heart Prep	9	Sonoma Academy	9
Leigh	10	Archbishop Riordan	10	Ukiah	9	Archbishop Riordan	8
Monte Vista	10	Washington, Geo.-S.F.	10	Menlo School	8	Lowell	8
Piedmont	10	Woodcreek	10	Terra Linda	8	Piner	8
El Dorado	9	Terra Nova	9	Archie Willams	7	Woodside Priory	8
Aragon	8	Dougherty Valley	8	Marin Catholic	7	Crystal Springs	7
Gunn, Henry M.	8	Oakmont	8	Prospect	7	Menlo Atherton	7
Sequoia	8	S.H. Cathedral	8	Arcadia	6	Tamalpais	7
Granada	7	Granite Bay	7	Novato	6	Bear Creek	6
Palo Alto	7	Pioneer	7	Watsonville	6	Piedmont	6
Antioch	6	San Domenico	7	Aragon	5	Wood, Will C.	6
Wood, Will C.	6	Galileo	6	Kipp San Jose	5	Carlmont	5
El Camino-SSF	5	Redwood	6	Palo Alto	5	Monte Vista	5
Half Moon Bay	5	Convent/Stuart Hall	5	Westmoor	5	Washington, Geo.-S.F.	5
Las Lomas	5	Kipp San Jose	5	Dougherty Valley	4	Albany	4
Tokay	5	Marin Catholic	5	Sequoia	4	Half Moon Bay	4
Bear Creek	4	Alameda	4	Antioch	3	SF University	4
Terra Linda	4	Carlmont	4	Galileo	3	Burton, Phillip & Sala	3
Gregori, Joseph A.	3	Clovis North	3	McClatchy	3	North Valleys-Reno	3
The Nueva School	3	Livermore	3	Mountain View	3	Bay School	2
American	2	Westmont	3	Westmont	3	Firebaugh	2
Healdsburg	2	Eastside Prep	2	Eastside Prep	2	Livermore	2
Woodside	2	Latino College Prep	2	Las Lomas	2	Healdsburg	1
Burton, Phillip & Sala	1	Bay School	1	Gregori, Joseph A.	1		
				Woodside	1		
	258		257		225		225

NV Girls		Var Girls 1		Var Girls 2		Var Boys 1	
Los Altos	14	Alameda	7	Albany	7	Bellarmine	7
Sacred Heart Prep	12	Archie Willams	7	Antioch	7	Alameda	7
Galileo	9	Dougherty Valley	7	Castilleja	7	Convent/Stuart Hall	7
Redwood	9	Gunn, Henry M.	7	Clovis North	7		
S.H. Cathedral	9	Las Lomas	7	Granada	7	Granite Bay	7
Granada	8	Liberty	7	Los Altos	7	Gregori, Joseph A.	7
Palo Alto	8	Marin Catholic	7	Menlo Atherton	7	Healdsburg	7
Woodcreek	8	Montgomery	7	Notre Dame-Belmont	7	Kipp San Jose	7
Alameda	7	Redwood	7	Sacred Heart Prep	7	Lowell	7
Archie Willams	7	S.H. Cathedral	7	Saratoga	7	Marin Catholic	7
Clovis North	7	San Domenico	7	Sequoia	7	McClatchy	7
Menlo School	7	Saugus	7	Terra Nova	7	Mills	7
Notre Dame-Belmont	7	SF University	7	Tokay	7	Mountain View	7
Tamalpais	7	Sonoma Academy	7	Woodcreek	7	Novato	7
Prospect	6	Tamalpais	7	Carlmont	6	Oakmont	7
Sequoia	6	Watsonville	7	Encinal	6	Prospect	7
Arcadia	5	Aragon	6	Menlo School	6	Sequoia	7
Convent/Stuart Hall	5	Granite Bay	6	Monte Vista	6	SF University	7
Notre Dame-San Jose	5	Leigh	6	Notre Dame-San Jose	6	Sonoma Academy	7
Oakmont	5	McClatchy	6	Palo Alto	6	Terra Linda	7
Latino College Prep	4	Oakmont	6	Urban	6	Watsonville	7
Lowell	4	Terra Linda	6	Woodside	6	Wood, Will C.	7
McClatchy	4	Wood, Will C.	6	Convent/Stuart Hall	5	Aragon	6
Menlo Atherton	4	Arcadia	5	El Camino-SSF	5	Design Tech	6
Ukiah	4	Half Moon Bay	5	Lowell	5	El Dorado	6
Watsonville	4	Mills	5	Novato	5	Latino College Prep	6
Archbishop Riordan	3	The Nueva School	5	Pioneer	5	Piner	6
Eastside Prep	3	Prospect	5	Westmont	5	San Domenico	6
Encinal	3	Westmoor	5	Gregori, Joseph A.	4	Westmont	6
Healdsburg	3	Mountain View	4	American	3	Woodside	6
Las Lomas	3	Bear Creek	3	Livermore	3	Bear Creek	5
Crystal Springs	2	El Dorado	2	Piedmont	3	Encinal	5
Liberty	2	Branson	1	Piner	3	Half Moon Bay	5
Marin Catholic	2	Galileo	1	Bay School	1	Terra Nova	5
Monte Vista	2			El Cerrito	1	Leigh	3
North Valleys-Reno	2					American	2
Piner	2					North Valleys-Reno	2
Terra Nova	2					Bay School	1
Tokay	2					El Cerrito	1
Washington, Geo.-S.F.	2						
Burton, Phillip & Sala	1						
Dougherty Valley	1						
The Nueva School	1						
Woodside	1						
	212		195		194		224
Var Boys 2							
Bellarmine	7	Sacred Heart Prep	7	Dougherty Valley	7		
Albany	7	Saugus	7				
Arcadia	7	Tamalpais	7				
Archie Willams	7	Tokay	7				
Granada	7	Woodcreek	7				
Gunn, Henry M.	7	Archbishop Riordan	6				
Junipero Serra	7	El Camino-SSF	6				
Kennedy, John F.	7	Palo Alto	6				
Las Lomas	7	Pioneer	6				
Los Altos	7	Urban	6				
Menlo School	7	Westmoor	6				
Menlo Atherton	7	Antioch	5				
Monte Vista	7	Carlmont	5				
Montgomery	7	Clovis North	5				
The Nueva School	7	Galileo	4				
Piedmont	7	Crystal Springs	3				
Redwood	7	Liberty	2				
S.H. Cathedral	7	Woodside Priory	2				
Saratoga	7	Burton, Phillip & Sala	1				
					238		



**FOR MORNING DROP OFF:
Enter park at 36th or 30th Ave**

**Drop off &
pick up here**

**After drop off, head west
towards Transverse Drive.**

**Head west on JFK Dr towards
Hellman Hollow for pick up**

**STAGING AREA for busses
at Ocean Beach parking lot**

**FOR PICK UP:
Enter park at Chain of Lakes Dr**

36th Ave

30th Ave

Hellman Hollow

Ocean Beach parking lot

Chain of Lakes Dr

FOR MORNING DROP OFF:
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at Ocean Beach parking lot

FOR PICK UP:
Enter park at Chain of Lakes Dr

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30th Ave

Hellman Hollow

Ocean Beach parking lot

Chain of Lakes Dr

Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2	
Bellarmino	40	Archbishop Riordan	27	Los Altos	24	Redwood	21
Convent/Stuart Hall	21	Los Altos	23	Las Lomas	17	Prospect	19
Redwood	18	Prospect	23	SF University	17	Granada	16
Menlo Atherton	13	Menlo School	15	Gregori, Joseph A.	14	Gunn, Henry M.	14
Albany	11	Mountain View	13	Notre Dame-San Jose	14	Mountain View	13
SF University	11	Granada	12	The Nueva School	12	Alameda	11
Gunn, Henry M.	10	Junipero Serra	11	Piedmont	11	Menlo Atherton	11
Washington, Geo.-S.F.	10	McClatchy	10	Dougherty Valley	10	Archbishop Riordan	10
Mills	9	Palo Alto	9	Marin Catholic	10	Kipp San Jose	10
Piedmont	9	Dougherty Valley	8	Crystal Springs	9	Tokay	10
S.H. Cathedral	9	Monte Vista	7	Granite Bay	9	Lowell	9
Alameda	9	Archie Willams	6	Bear Creek	8	Clovis North	8
Urban	8	Clovis North	6	Monte Vista	8	Notre Dame-Belmont	8
Sequoia	7	Granite Bay	6	Tamalpais	8	Aragon	7
Las Lomas	6	Leigh	6	El Dorado	7	Archie Willams	7
Marin Catholic	6	Tamalpais	6	Latino College Prep	7	Firebaugh	7
Westmont	6	Aragon	5	Pioneer	7	McClatchy	7
Bay School	5	Design Tech	5	S.H. Cathedral	7	Castilleja	6
Kipp San Jose	5	Lowell	5	Half Moon Bay	6	Palo Alto	6
Terra Linda	5	Oakmont	5	Mills	5	San Domenico	5
Carlmont	4	Woodside	5	Washington, Geo.-S.F.	5	Albany	4
Pioneer	4	Gregori, Joseph A.	4	Burton, Phillip & Sala	4	Design Tech	4
Galileo	3	Tokay	4	Galileo	4	Healdsburg	4
Latino College Prep	3	Bear Creek	3	Liberty	4	Oakmont	4
The Nueva School	3	Eastside Prep	3	Bay School	3	Woodside Priory	4
San Domenico	3	Firebaugh	3	Eastside Prep	3	Westmoor	4
Burton, Phillip & Sala	2	Healdsburg	3	Novato	3	Convent/Stuart Hall	3
El Camino-SSF	1	Liberty	3	Sequoia	3	El Cerrito	3
Terra Nova	1	Piner	3	Terra Nova	3	Piner	3
Half Moon Bay	1	Livermore	2	Antioch	2	Terra Linda	3
		Antioch	1	Sonoma Academy	2	Urban	3
		North Valleys-Reno	1	North Valleys-Reno	1	Carlmont	2
						Livermore	1
	243		243		247		247
Soph Boys 1		Soph Boys 2		NV Boys 1		NV Boys 2	
Bellarmino	35	Los Altos	26	Bellarmino	26	Bellarmino	26
Tamalpais	19	Prospect	23	Granada	18	Los Altos	22
Albany	16	Mills	17	Junipero Serra	15	Mills	14
Junipero Serra	13	Mountain View	13	Convent/Stuart Hall	13	Oakmont	12
Crystal Springs	12	Westmoor	12	Pioneer	11	Redwood	11
Archie Willams	11	Design Tech	11	S.H. Cathedral	11	Woodcreek	11
McClatchy	11	Lowell	11	Alameda	9	El Cerrito	9
Menlo Atherton	11	SF University	11	Sacred Heart Prep	9	Sonoma Academy	9
Leigh	10	Archbishop Riordan	10	Ukiah	9	Archbishop Riordan	8
Monte Vista	10	Washington, Geo.-S.F.	10	Menlo School	8	Lowell	8
Piedmont	10	Woodcreek	10	Terra Linda	8	Piner	8
El Dorado	9	Terra Nova	9	Archie Willams	7	Woodside Priory	8
Aragon	8	Dougherty Valley	8	Marin Catholic	7	Crystal Springs	7
Gunn, Henry M.	8	Oakmont	8	Prospect	7	Menlo Atherton	7
Sequoia	8	S.H. Cathedral	8	Arcadia	6	Tamalpais	7
Granada	7	Granite Bay	7	Novato	6	Bear Creek	6
Palo Alto	7	Pioneer	7	Watsonville	6	Piedmont	6
Antioch	6	San Domenico	7	Aragon	5	Wood, Will C.	6
Wood, Will C.	6	Galileo	6	Kipp San Jose	5	Carlmont	5
El Camino-SSF	5	Redwood	6	Palo Alto	5	Monte Vista	5
Half Moon Bay	5	Convent/Stuart Hall	5	Westmoor	5	Washington, Geo.-S.F.	5
Las Lomas	5	Kipp San Jose	5	Dougherty Valley	4	Albany	4
Tokay	5	Marin Catholic	5	Sequoia	4	Half Moon Bay	4
Bear Creek	4	Alameda	4	Antioch	3	SF University	4
Terra Linda	4	Carlmont	4	Galileo	3	Burton, Phillip & Sala	3
Gregori, Joseph A.	3	Clovis North	3	McClatchy	3	North Valleys-Reno	3
The Nueva School	3	Livermore	3	Mountain View	3	Bay School	2
American	2	Westmont	3	Westmont	3	Firebaugh	2
Healdsburg	2	Eastside Prep	2	Eastside Prep	2	Livermore	2
Woodside	2	Latino College Prep	2	Las Lomas	2	Healdsburg	1
Burton, Phillip & Sala	1	Bay School	1	Gregori, Joseph A.	1		
				Woodside	1		
	258		257		225		225

NV Girls		Var Girls 1		Var Girls 2		Var Boys 1	
Los Altos	14	Alameda	7	Albany	7	Bellarmino	7
Sacred Heart Prep	12	Archie Willams	7	Antioch	7	Alameda	7
Galileo	9	Dougherty Valley	7	Castilleja	7	Convent/Stuart Hall	7
Redwood	9	Gunn, Henry M.	7	Clovis North	7	Dougherty Valley	7
S.H. Cathedral	9	Las Lomas	7	Granada	7	Granite Bay	7
Granada	8	Liberty	7	Los Altos	7	Gregori, Joseph A.	7
Palo Alto	8	Marin Catholic	7	Menlo Atherton	7	Healdsburg	7
Woodcreek	8	Montgomery	7	Notre Dame-Belmont	7	Kipp San Jose	7
Alameda	7	Redwood	7	Sacred Heart Prep	7	Lowell	7
Archie Willams	7	S.H. Cathedral	7	Saratoga	7	Marin Catholic	7
Clovis North	7	San Domenico	7	Sequoia	7	McClatchy	7
Menlo School	7	Saugus	7	Terra Nova	7	Mills	7
Notre Dame-Belmont	7	SF University	7	Tokay	7	Mountain View	7
Tamalpais	7	Sonoma Academy	7	Woodcreek	7	Novato	7
Prospect	6	Tamalpais	7	Carlmont	6	Oakmont	7
Sequoia	6	Watsonville	7	Encinal	6	Prospect	7
Arcadia	5	Aragon	6	Menlo School	6	Sequoia	7
Convent/Stuart Hall	5	Granite Bay	6	Monte Vista	6	SF University	7
Notre Dame-San Jose	5	Leigh	6	Notre Dame-San Jose	6	Sonoma Academy	7
Oakmont	5	McClatchy	6	Palo Alto	6	Terra Linda	7
Latino College Prep	4	Oakmont	6	Urban	6	Watsonville	7
Lowell	4	Terra Linda	6	Woodside	6	Wood, Will C.	7
McClatchy	4	Wood, Will C.	6	Convent/Stuart Hall	5	Aragon	6
Menlo Atherton	4	Arcadia	5	El Camino-SSF	5	Design Tech	6
Ukiah	4	Half Moon Bay	5	Lowell	5	El Dorado	6
Watsonville	4	Mills	5	Novato	5	Latino College Prep	6
Archbishop Riordan	3	The Nueva School	5	Pioneer	5	Piner	6
Eastside Prep	3	Prospect	5	Westmont	5	San Domenico	6
Encinal	3	Westmoor	5	Gregori, Joseph A.	4	Westmont	6
Healdsburg	3	Mountain View	4	American	3	Woodside	6
Las Lomas	3	Bear Creek	3	Livermore	3	Bear Creek	5
Crystal Springs	2	El Dorado	2	Piedmont	3	Encinal	5
Liberty	2	Branson	1	Piner	3	Half Moon Bay	5
Marin Catholic	2	Galileo	1	Bay School	1	Terra Nova	5
Monte Vista	2			El Cerrito	1	Leigh	3
North Valleys-Reno	2					American	2
Piner	2					North Valleys-Reno	2
Terra Nova	2					Bay School	1
Tokay	2					El Cerrito	1
Washington, Geo.-S.F.	2						
Burton, Phillip & Sala	1						
Dougherty Valley	1						
The Nueva School	1						
Woodside	1						
	212		195		194		231
Var Boys 2							
Bellarmino	7	Sacred Heart Prep	7				
Albany	7	Saugus	7				
Arcadia	7	Tamalpais	7				
Archie Willams	7	Tokay	7				
Granada	7	Woodcreek	7				
Gunn, Henry M.	7	Archbishop Riordan	6				
Junipero Serra	7	El Camino-SSF	6				
Kennedy, John F.	7	Palo Alto	6				
Las Lomas	7	Pioneer	6				
Los Altos	7	Urban	6				
Menlo School	7	Westmoor	6				
Menlo Atherton	7	Antioch	5				
Monte Vista	7	Carlmont	5				
Montgomery	7	Clovis North	5				
The Nueva School	7	Galileo	4				
Piedmont	7	Crystal Springs	3				
Redwood	7	Liberty	2				
S.H. Cathedral	7	Woodside Priory	2				
Saratoga	7	Burton, Phillip & Sala	1				
			231				

Today we are using **DISPOSABLE BIB CHIPS**.

They do NOT need to be returned.

Hand out according to their **assigned number on your roster**.

Dispose of unused bibs. Do not bring or use at another meet.

Pins in each of the **4 corners**.

Bibs to be worn on the **front of singlet**.

Instruct Athletes **NOT** to:

- Remove chip
- Bend chip
- Pierce chip with a pin
- Crumple Bib number

Doing ANY of the above may cause an athlete to be missed in the results

LOWELL HIGH SCHOOL



Lowell Invitational

1101 Eucalyptus Drive
San Francisco, CA 94132
Phone: 415-759-2730
August 1, 2022

Dear Cross Country Coaches:

The 49th San Francisco Cross Country Invitational Meet will be held on Saturday, September 10, 2022, at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 44th 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 Hellman Hollow (aka Speedway Meadow).** The distance is approximately 2.93 miles for Varsity & Non-Varsity races and 2.13 miles for Frosh/Soph races. Most 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.

We will use **MileSplitCA** to collect entries. Every school that has responded to the one of the two July emails will be added to the meet site on **MileSplitCA** by August 2.

If you did not response to the July email, contact Meet Director Andy Leong at "coachaleong@hotmail.com" with the follow information: 1) Name of school. 2) Day/Night ☎#. 4) Tentative number of runners per division that you think you will have. I will determine if I can fit your school into the meet in about 24 hours of your email.

Go to <https://ca.milesplit.com> to enter names and submit entries. Instructions on how to submit names are enclosed. Designate your names to a division but know that my goal is to collecting names from schools with gender and grade levels. Should a runner you put into one division needs to change to another division, you can do this without seeing the computer operator as a runner will be recorded as he/she crosses the finish line. **Deadline to submit will be 1:00 PM on Sunday September 4.** 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. **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

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
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. Race assignments will be out by Friday September 9.

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 \$15.00 per name. Each school will also be charged a \$25.00 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	\$370.00
31 – 40	\$385.00
41 – 50	\$400.00
51 – 60	\$415.00
61 – 70	\$430.00
71 – 80	\$445.00
81 – 90	\$460.00
91 – 100	\$475.00
101 – 110	\$490.00
111 – 120	\$505.00
121+	\$520.00

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

On top of your entry fees above, teams traveling by bus and wishing to park near the meet, must pay \$10/per bus to park in the lot on the Great Highway. Busses will not be allow to park in Golden Gate Park.

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 allowed to run. A late fee of \$25 will be charged if payment is not received by September 24. If you have questions, please e-mail me at coachaleong@hotmail.com.

ON MEET DAY

- Please obey all traffic rules. Park rangers will be on site and will be enforcing all traffic laws.
- A drop off zone will be created on Kennedy Drive between the opening of Marx Meadow and Hellman Hallow (Speedway Meadow). There will be no parking in this area.
- Bus parking will be available on the Great Highway at the west end of the park. A map is part of the file that was sent to each coach. There will be a \$10/charge per bus.
- Absolutely **no vehicles** are to be in Hellman Hallow (Speedway Meadow) including the bike path. **Violation of this rule could jeopardize your school's participation in the meet.**
- No personal BBQ that requires coal, only propane.
- Permission must be requested if you wish to use a generator by August 15. If permission is granted, the generator must sit on plywood.

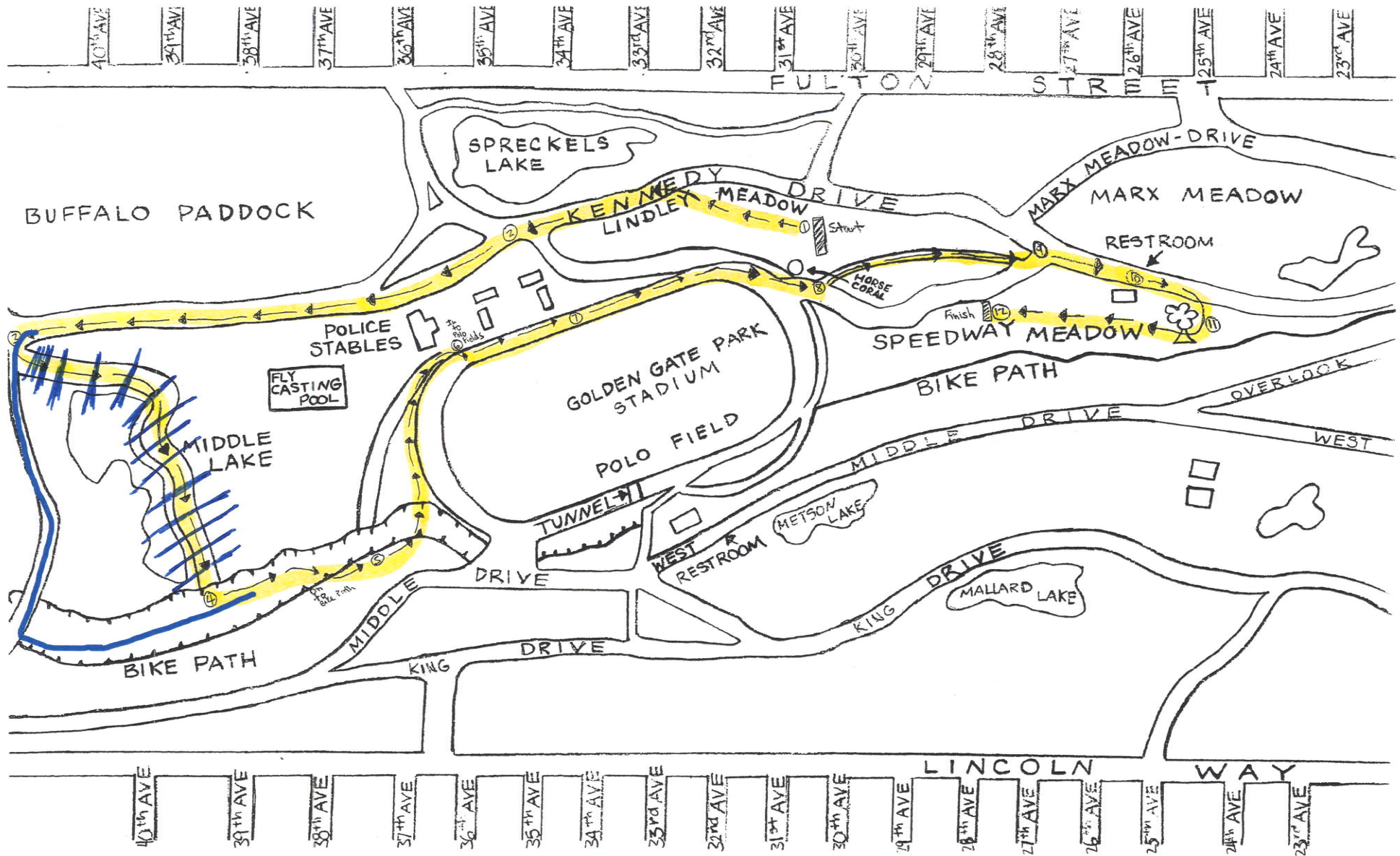
Sincerely,

Andy Leong

Andy Leong
Cross Country & Track Coach/Meet Director

For 2022 Meet Only

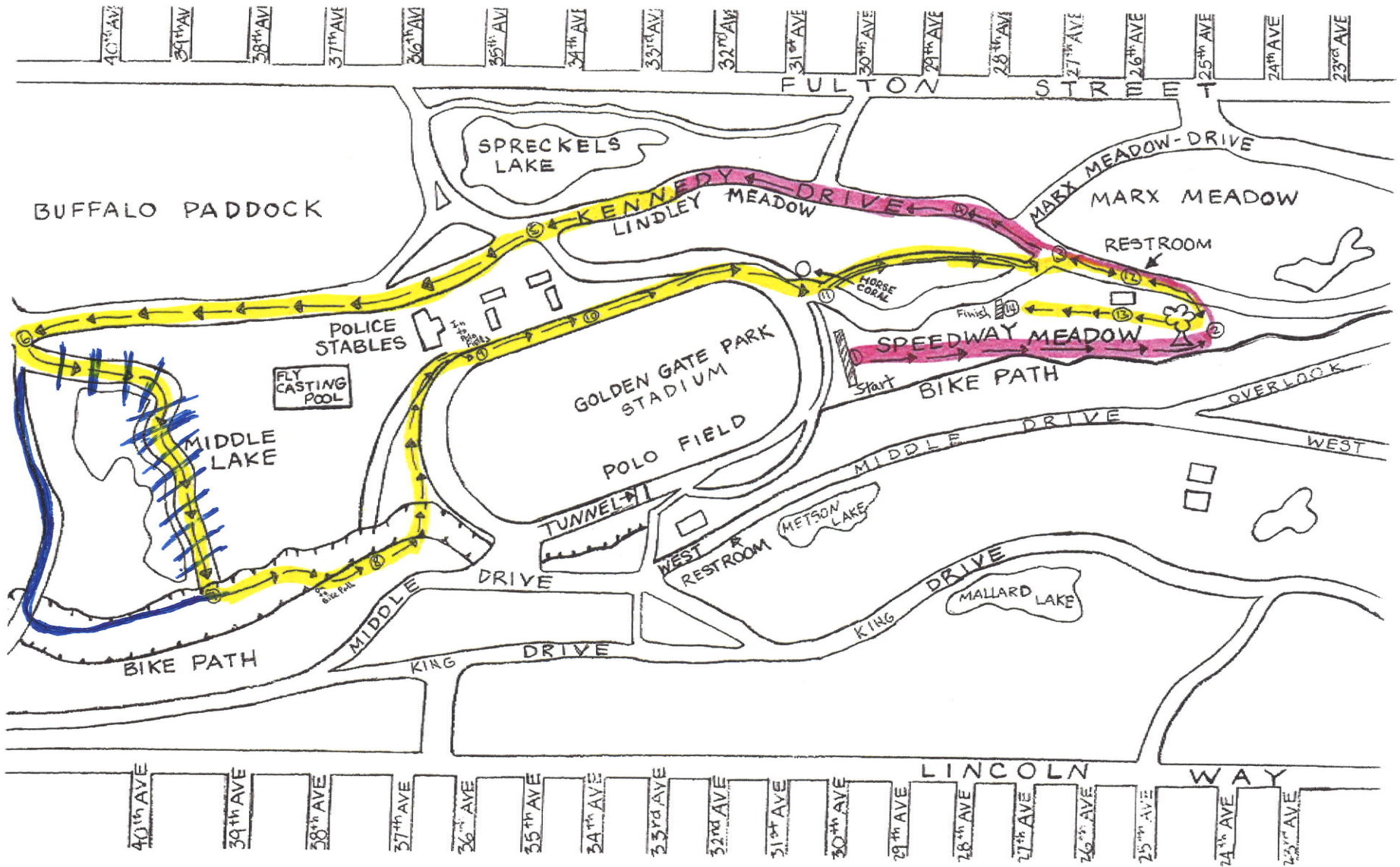
LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



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

For 2022 Meet Only

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



MileSplit/Record Timing Onboarding Quick Start Guide

In 2021, MileSplit will be the exclusive registration platform for Record Timing for all regular season qualifying meets and postseason meets. Onboarding onto MileSplit can be easily accomplished in three quick and easy steps. Claiming your team, updating your roster, and then entering into meets!

Claiming Team

1. If you do not already have an account, create a free one at <https://ca.milesplit.com/register>
2. Once your account is created go to <https://ca.milesplit.com/teams>
3. Find your team on the list, click on it, and click the claim team button.

Helpful Article/Video: <https://support.milesplit.com/en/a/how-do-i-claim-my-team>

Updating Your Roster

Update your roster to reflect this year's list of athletes. I.e. Update grad years so that athletes have graduated are removed from your active roster, change their status to inactive if they quit the team, moved away, etc.

Article/Video: <https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>

SCHERTZ ST. JOHN PAUL II CATHOLIC HIGH SCHOOL

Exit Admin Mode

Admin Home Coaches Roster Schedule

Roster Download Roster

SPORT: Track GENDER: All CLASS OF: All STATUS: All Current

Note: Use enter key (or click elsewhere) to submit inline editing changes or escape to cancel. Inline editing available for table cells with light pencil icon.

ATHLETE	ROSTER	GENDER	CLASS OF	STATUS
Anderson, Reagan	Cross & Track	F	2020	Active
Asadourian, Connor	Cross & Track	M	2021	Active
Ayala, Grace	Cross & Track	F	2022	Active
Barger, Alexandria	Track	F	--	Active
Bascon, Grace	Cross & Track	F	2021	Active
Beck, Ella	Cross & Track	F	2022	Active
Beckwith, Trevor	Cross & Track	M	2020	Active
Borja, Catey	Cross & Track	F	2021	Active

Entering a Meet

Once you have claimed your team and made sure your roster is up to date, you are ready to register your team for meets! The walkthrough guide below will take you through the process step-by-step.

Article/Video: <https://support.milesplit.com/en/a/how-do-i-enter-my-team-in-a-meet>

***If you need any further assistance, please contact registration@milesplit.com.



**FOR MORNING DROP OFF:
Enter park at 36th or 30th Ave**

**Drop off &
pick up here**

**After drop off, head west
towards Transverse Drive.**

**Head west on JFK Dr towards
Hellman Hollow for pick up**

**STAGING AREA for busses
at Ocean Beach parking lot**

**FOR PICK UP:
Enter park at Chain of Lakes Dr**

Hellman Hollow