

P. A. L. XC Championships

Saturday, Nov. 5th, 2022

Crystal Springs Cross Country Course

CHAMPIONSHIP REMINDERS:

- Varsity Teams must be entered and race before any other Division may be entered/race
- Bring hard copies of your students' medical cards
- Bring a well-stocked first aid kit
- No warm ups/warm downs in the surrounding neighborhood
- No footballs, frisbees or radios, etc.
- Finish chute assignments and race order is different from regular season...see below
- Entries due on athletic.net by Tuesday, Nov. 1, @ 9 pm
- Admission tickets are ONLINE ONLY

CHAMPIONSHIP RACE SCHEDULE:

8:30 Gates open

9:15: Coaches Meeting

10:00 Frosh/Soph Girls

10:30 Frosh/Soph Boys

11:00 Open Girls

11:30 Open Boys

12:00 Varsity Girls

12:30 Varsity Boys

Admission ticket sales are online only @ Aragon's GoFan

<https://gofan.co/app/events/726913?schoolId=CA22857>

CRYSTAL SPRINGS COURSE RULES

Please read the Race Directors and Coaches Handbook 2022 for Crystal Springs that has been sent previously.

Hardcopies of your students' medical forms and a first aid kit are required to pick up your race packets.

NO EXCEPTIONS!!!!

Note the fines that will be imposed upon schools for certain rule violations, including:

- Double parking of cars or busses to drop off athletes (even for an instant)
- Trash left on the course
- Trash left in the Hallmark Park containers or the street containers/sidewalks
- Trash left in the recycling container, or recycling left in the trash container

Directions for drop off for busses and for cars, and athlete behavior in the neighborhood and at the course, is very specific. Please be sure that your athletes and drivers are aware.

ADMISSION:

Spectator Admission tickets available online only, using the Aragon GoFan Page:

<https://gofan.co/app/events/726913?schoolId=CA22857>

General Admission: \$8.00

- Students K-12 and Adults Over 60: \$4.00
- Children Pre-K: \$0.00

PAL passes not accepted at this event.

TRASH AND RECYCLING

Meet management will provide each school with a bag for trash and for recycling. All trash must be packed out and brought home or put in the dumpster. Should the trash and recycling bins on the course be full, you are responsible for packing out your bags and disposing of properly.

DO NOT let your students or parents dump trash in Hallmark Park as they leave the course.

VEHICLES ON THE COURSE

The only vehicles allowed into the course are those associated with our timer, meet officials and the EMT. They will be issued passes to be allowed into the course. Should you have a need for special vehicle access, please advise John Lilygren by Friday, November 4th

FINISH CHUTE COACH ASSIGNMENTS

Time	Race	Assignments
10:00	F/S Girls	Oceana, South San Francisco
10:30	F/S Boys	Westmoor, Mills, Terra Nova
11:00	Open Girls	Cap, Hillsdale, Jefferson
11:30	Open Boys	Sequoia, Woodside, Burlingame
12:00	Varsity Girls	San Mateo, El Camino, Carlmont
12:30	Varsity Boys	HMB, MA, Aragon

If possible, for the Girls races, please have a female coach cover the finish chute assignment.

OFFICIALS

Starter: Mark Greenough

Clerk: Mike Bower

Referee: Jim Manha

Timer: JR Heberle

Jury of Appeals: Mike Bower, Shirley Connors, Elsbeth Padia

OTHER ASSIGNMENTS:

Adult Safety Coordinator	Coordinate with trail biker and EMT	
Course Rules Director		J. Lilygren
Gate	See bylaws: 12.1.5	Aragon
Check In	Verify coaches have hard copies of Student Emergency Cards and First Aid Kit	Burlingame
Announcer		J. Lilygren
Awards	Pick up, distribute	San Mateo
Results Posting		HMB
Trail bikers		Boy Races: Hillsdale Girls Races:
Timing help (3)	Can be students	Sequoia
Trash sweeper	End of meet at Crystal Springs	ALL TEAMS

STARTING BOX ASSIGNMENTS – By Box

BOX #	FSG	FSB	OPEN GIRLS	OPEN BOYS	VG	VB
4	Mills	Burlingame	Oceana	Carlmont	Oceana	San Mateo
5	Westmoor	HMB	Hillsdale	Hillsdale	Mills	El Camino
6	Oceana	San Mateo	SOUTH SF	SOUTH SF	Burlingame	Mills
7	Terra Nova	Hillsdale	HMB	Mills	Sequoia	Sequoia
8	Carlmont	Westmoor	Terra Nova	HMB	SOUTH SF	Carlmont
9	SOUTH SF	Terra Nova	Burlingame	Woodside	El Camino	Jefferson
10	Sequoia	Aragon	Carlmont	Aragon	Woodside	SOUTH SF
11	Aragon	El Camino	Jefferson	Capuchino	Aragon	HMB
12	Jefferson	Mills	San Mateo	El Camino	Terra Nova	Aragon
13	M-A	Oceana	Woodside	Westmoor	Jefferson	Terra Nova
14	Woodside	Carlmont	Sequoia	M-A	Westmoor	Burlingame
15	Capuchino	M-A	Aragon	Burlingame	M-A	Capuchino
16	HMB	SOUTH SF	Mills	San Mateo	Capuchino	Woodside
17	El Camino	Capuchino	Westmoor	Terra Nova	Carlmont	Westmoor
18	Burlingame	Sequoia	M-A	Jefferson	Hillsdale	Hillsdale
19	San Mateo	Woodside	Capuchino	Sequoia	HMB	M-A
20	Hillsdale	Jefferson	El Camino	Oceana	San Mateo	Oceana

STARTING BOX ASSIGNMENTS – By Team

SCHOOL	FSG	FSB	OPEN GIRLS	OPEN BOYS	VG	VB
ARAGON	11	10	15	10	11	12
BURLINGAME	18	4	9	15	6	14
CAPUCHINO	15	17	19	11	16	15
CARLMONT	8	14	10	4	17	8
EL CAMINO	17	11	20	12	9	5
HALF MOON BAY	16	5	7	8	19	11
HILLSDALE	20	7	5	5	18	18
JEFFERSON	12	20	11	18	13	9
MENLO- ATHERTON	13	15	18	14	15	19
MILLS	4	12	16	7	5	6
OCEANA	6	13	4	20	4	20
SAN MATEO	19	6	12	16	20	4
SEQUOIA	10	18	14	19	7	7
SOUTH SF	9	16	6	6	8	10
TERRA NOVA	7	9	8	17	12	13
WESTMOOR	5	8	17	13	14	17
WOODSIDE	14	19	13	9	10	16

FINAL REMINDERS

Make sure kids and parents know:

- No dogs.
- No throwing of anything (rocks, Frisbees, freshmen, footballs...)
- No bicycles.
- No warming up on the course after the first race starts.
- No warming up/warming down in the neighborhood
- While waiting for a ride home, please wait in Hallmark Park and look for your ride. Please do not wait in the street or block the sidewalk.
- Stay off yards on entering and exiting the park, polite to neighbors, etc