

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 42nd annual Ram Invitational to be held on Saturday, September 28, 2024, at Westmoor High School.

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

Timing chips will be used 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 barbecuing 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. *(The Girl's JV Race #1 and Girl's Race #2 maybe combined due to the limited number of participants. This will be determined the day before the race. If the Girl's JV races are to be combined, then all following races will be moved up by 30 minutes.)* 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.

The course will be exactly the same as last year with a distance of approximately 2.7 miles in length.

SCHEDULE

7:30 A.M. Walk course (maps provided)	12:00 P.M. Girls JV Race #1
8:30 A.M. Coaches and Alumni race	12:30 P.M. Girls JV Race #2
9:00 A.M. Boys Frosh Race #1	1:00 P.M. Boys JV Race #1
9:30 A.M. Boys Frosh Race #2	1:30 P.M. Boys JV Race #2
10:00 A.M. Girls Frosh/Soph Race #1	2:00 P.M. Girls Varsity Race #1
10:30 A.M. Girls Frosh/Soph Race #2	2:30 P.M. Girls Varsity Race #2
11:00 A.M. Boys Soph Race #1	3:00 P.M. Boys Varsity Race #1
11:30 A.M. Boys Soph Race #2	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 (*First 30 if both races are combined*)

Boys & Girls Varsity - First 25 (not on winning team)

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

GENERAL INFORMATION

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

B) Bathrooms will be open on the 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 school official must accompany all athletes entered in the meet. Coaches should be reminded they will be expected to control all their athletes.

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

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

G) Ram Invitational T-shirts will be sold for \$20 each at the snack bar.

H) For more information contact:

Coach Ron DiMaggio:

Home phone - (650) 573-6290 (after 7 P.M.) /Cell – (650) 576-5370

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: _____

INDIVIDUAL RUNNERS/ TEAM DIVISION (\$15.00 PER RUNNER)/ (\$100.00 TEAM) 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 \$ 15.00 per individual
\$ 100.00 per team
\$ 375.00 Maximum

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

Mail check to: Ron DiMaggio

Cross Country Coach
Westmoor High School
131 Westmoor Ave.
Daly City, CA. 94015

Ram Invitational Online Entry Instructions (#237816)

Date: 9/28/2024 Host Westmoor

Location: Westmoor HS
131 Westmoor Avenue
Daly City, CA 94015

Athlete Registration will be locked on 9/26/2024 at 10:15 AM (local time) 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

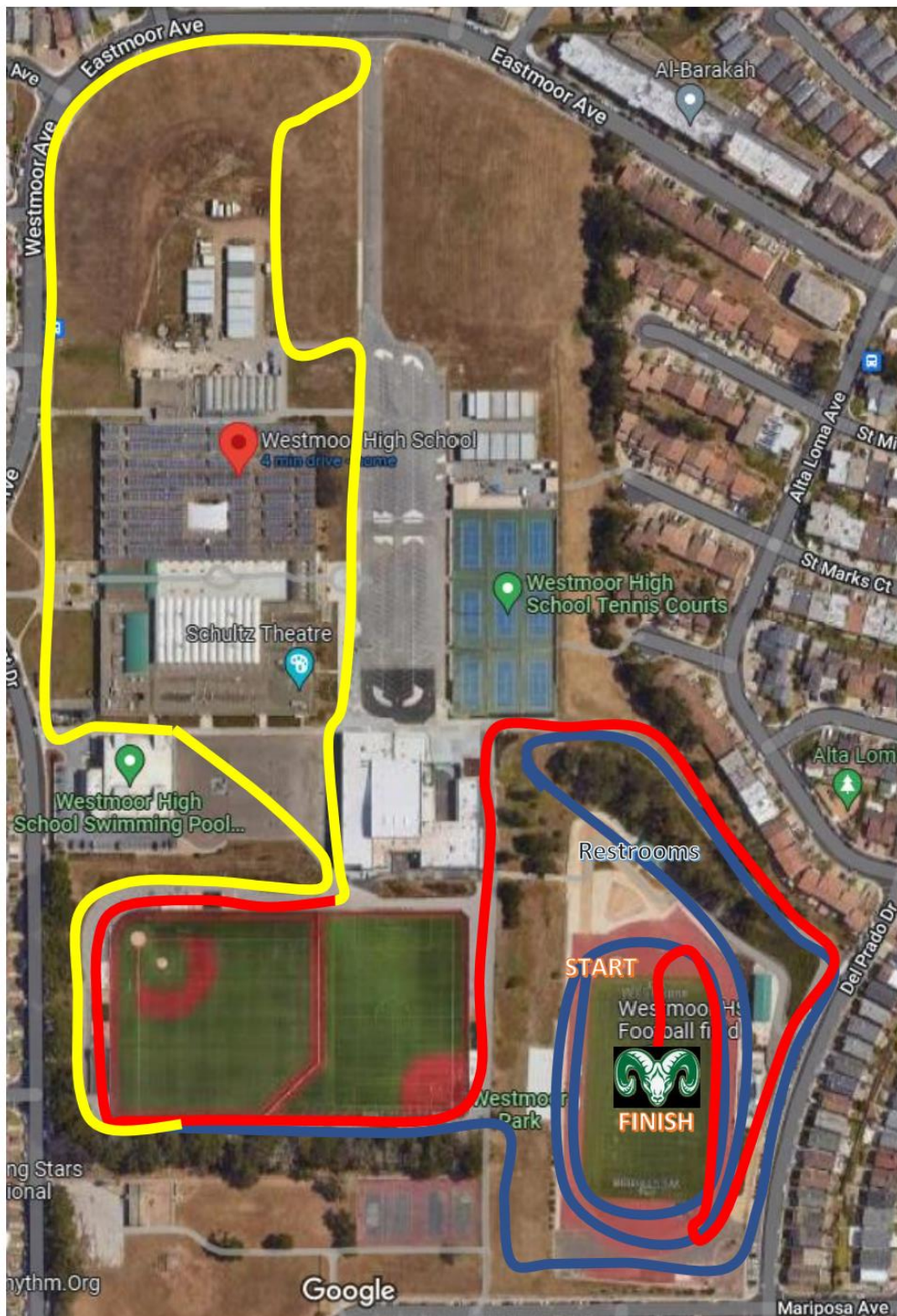
- Navigate to your team page by opening the side menu, then click on your team.
 - Click on Manage Team
 - Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

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.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

Ram Invitational Cross Country Course (2.70 miles)



Mile 1

- Start at the starting line of the 100m
- Go around the track for 700 meters
- Up the Shot Put Hill
- Make a right down the ramp
- Go past the visitor bleachers
- Go up the dual hills past the long jump pit
- Past the gate to the left

Mile 2

- Starting around the right field line of the baseball field and follow the path
- Make a left and go across the basketball courts
- Pass the pool parking lot
- Make a right on the sidewalk
- Go up the grassy side of the driveway
- Run along the parking lot
- Go back to the baseball field and make a right

Last 0.7

- Go around the fields counter-clockwise
- Go down the ramp to the track
- Sharp right at the open gate to the track
- Left to the football field
- Finish @ the mid-field

Notes: