



April 1st, 2025

Dear Cross Country Coach,

Junipero Serra High School would like to invite your team(s) to participate in the 50th annual Crystal Springs Cross Country Invitational to be held on Saturday, October 11th, 2024. The race will be held, once again, at the Crystal Springs International Cross Country course in Belmont, California.

We will use **MileSplitCA** again this year to collect entries. Go to <https://ca.milesplit.com> to enter names and submit entries. Instructions on how to submit names are attached below. 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.

Instruction sheet for coaches on how to claim their team and to get the ball rolling. <https://www.rtspt.com/milesplit/instructions.pdf>

The meet is sanctioned by the Central Coast Section for all schools in California. The Crystal Springs Course is 2.95 miles of rolling hills, all run on trails. The layout of the course is excellent for both runners and spectators. Chemical toilets and drinking fountains are available at the course. A full snack bar will be in operation as in past years. We will be selling the traditional, long-sleeved, Crystal Springs Invitational T-shirts. There are no dressing rooms, so athletes arrive ready to compete.

Please respect the private property in the area. Do not go on to

people's property to get water or for any other reason. **Please do not block people's driveways. Coaches are requested to review the [ENCLOSED/ATTACHED COURSE RULES](#) with their athletes, bus drivers and all spectators planning on attending. We need to be good neighbors and be mindful of those who live near the entrances to the course.**

TIME SCHEDULE FOR RACES

*****Subject to change based on number of entries*****

| | |
|----------|----------------------------|
| 9:00 am | Boys Varsity |
| 9:30 am | Girls Varsity |
| 10:00 am | Boys Championship Varsity |
| 10:30 am | Girls Championship Varsity |
| 11:00 am | Boys JV - Blue |
| 11:30 am | Girls JV |
| 12:00 pm | Boys JV - Gold |
| 12:30 pm | Girls Frosh/Soph |
| 1:00 pm | Boys Sophomore |
| 1:30 pm | Boys Freshman |

Coaches should have their athletes at the starting line at least ten minutes before race time to receive instructions. Traditionally, we have used a public address system to announce races. Regardless, athletes are responsible to be on time for their race.

AWARDS

A commemorative plaque will be awarded to the Top 2 Teams in each race and medals to the TOP 7 on each team. Medals will be given to the TOP 20 in each all races not on a 1st or 2nd place team.

ENTRY FEES

\$ 30.00 – Individual
\$ 175.00 – Per Team
\$ 500.00 – Maximum Fee

SCORING

Standard Cross Country scoring will be used. Athletes will be assigned bib numbers and are requested to remove their tags at the conclusion of their race. Our computer will score each race and official results will be posted soon after. All athletes must be registered in order to participate. Absolutely no “unofficial” entries are permitted. Runners without bib numbers are not allowed to race.

ENTRIES

Enter all athletes on **MileSplitCA** <https://ca.milesplit.com>. Be sure to spell names correctly, plus provide their year in school. The meet management program will score the individuals in the race they run. Top seven from each team are scored. The first five individuals score, the next two displace. All VARSITY races are limited to seven individuals. All other races have unlimited entries. Please be mindful that entry fees are based on seven person teams. Numbers beyond seven individuals within a race must pay an additional cost of \$30/person. **Additionally, please do not enter athletes who will not compete.** Entries will be limited to the first **2000** athletes entered. By editing your entries the process of splitting the races will be easier to determine, and allow more teams to be able to compete.

NO ENTRY CHANGES WILL BE MADE ON RACE DAY! If you have an athlete that you want to run Varsity, but entered in the Junior Varsity race, simply run the athlete in the Varsity race because he/she is already in the database. If you have an athlete that is not entered in any race, but would like to run him/her IN PLACE OF an athlete who is entered, simply have the athlete wear the race number of the person he is replacing. Coaches will have to remember that the originally entered runner was replaced.

ENTRY FEE CALCULATOR

SCHOOL _____
COACH _____

DIVISION TEAM (\$175) INDIVIDUAL (\$30) FEE (TOTAL)

| | | | |
|------------------|-------|-------|-------|
| 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 \$ 175.00 Team
 \$ 30.00 Individual
 \$ 500.00 Maximum

MAIL CHECKS TO:

Junipero Serra High School
Attn: Ron DiMaggio Jr., Serra Cross Country

451 West 20th Ave.
San Mateo, CA 94403

INQUIRIES:

Ron DiMaggio Jr., Head Coach
rdimaggio@serrahs.com
(650) 345-2407, ext. 6555

ENTRY DEADLINE:

*******IMPORTANT*******

Sunday, October 5th, at 5pm. Or when we reach 2000 entries!

No race day entries will be accepted and NO SPIKES ALLOWED!

We look forward to seeing you on **October 11th 2025** at Crystal Springs in Belmont!

Sincerely,

Ron DiMaggio Jr.

