

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 44th annual Ram Invitational to be held on Saturday, September 26, 2026, at Westmoor High School.

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

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

Important Notice: All our fields, including the upper fields, are artificial turf. Stakes or sharp objects used to hold down team tents are NOT allowed. Also, no barbecuing or cooking on the turf. **NO** animals will be allowed on the turf or field.

Due to the size of most races, we will split all divisions into two races with the exception of the Girls JV where we will run one race. 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 30 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 the same as last year with a distance of approximately 2.7 miles in length.

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
12:30 P.M.	Boys JV Race #1
1:00 P.M.	Boys JV Race #2
1:30 P.M.	Girls Varsity Race #1
2:00 P.M.	Girls Varsity Race #2
2:30 P.M.	Boys Varsity Race #1
3:00 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 (13)

Individual plaques to all race winners (13)

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 30 not on a winning team

Boys & Girls Varsity - First 25 not on winning team

GENERAL INFORMATION

Come dressed to run. NO dressing facilities will be provided.

Bathrooms will be open on the track facility.

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

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

Team tents may **not** be set up on the football field.

RAM invitational t-shirts will be sold for \$20 each at the Snack Bar.

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

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ENTRY FEE CALCULATOR

SCHOOL:

COACH:

INDIVIDUAL RUNNER/TEAM DIVISION (\$15.00 PER RUNNER) (\$150) PER TEAM)

Freshmen Boys ____ Soph Boys ____ JV Boys ____ Varsity Boys ____

Frosh/Soph Girls ____ JV Girls ____ Varsity Girls ____

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
 \$ 150 per team
 \$ 400 maximum

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

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

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 individual score, the next two displace. All VARSITY races are limited to seven individuals. All other races have unlimited entries.

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/she is replacing. Coaches will have to remember that the originally entered runner was replaced.

ENTRY DEADLINE – MONDAY, SEPTEMBER 21, 2026 @ 10:00 pm.