

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 15th annual Middle School Ram Invitational to be held on Friday, September 23, 2016, at Westmoor High School.

SCHEDULE

4:00 PM	6 th grade Girls' Race
4:20 PM	6 th grade Boys' Race
4:40 PM	7 th grade Girls' Race
5:00 PM	7 th grade Boys' Race
5:20 PM	8 th grade Girls' Race
5:40 PM	8 th grade Boys' Race

AWARDS

Top twenty finishers in each race will receive medals. The individual winners of each race will also receive a plaque. Team plaques will be awarded to the winning teams of each race.

FEES

\$7 per individual
\$35 per team
\$120 maximum

Please make checks payable to WESTMOOR TRACK CLUB.

ENTRIES

Entries should be received at Westmoor High School, 131 Westmoor Ave., Daly City, California 94015, no later than Tuesday, 9/20/16. If you have a problem, please call me. Entering can be done by, (1) receipt of check, or (2) phone call to me to advise that you will be coming and bringing the check with you.

GENERAL INFORMATION

A) It should be noted to give fast results in team scoring, we will not displace runners from incomplete teams. We will add up your first five runners and total your points and post the winners. This is purely for the convenience of my helpers.

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

C) Bathrooms will be open on track facility.

D) A concession stand will be open so that runners may purchase items. Again this year we will be selling Ram Invitational T-shirts. Please tell all your runners.

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

F) Please call Coach Ron DiMaggio, Westmoor High School, to enter the meet, or for information at:

Home phone - (650) 573-6290 (after 7PM)

Cell Phone – (650) 576-5370

Assistant Coach Pofahl – spofahl@juhsd.net

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.

Westmoor High School

ENTRY FORM

SCHOOL _____

COACH _____

<u>DIVISION</u>	<u>TEAM (\$35)</u>	<u>INDIVIDUAL RUNNERS (\$7.00 PER RUNNER)</u>	<u>FEE</u>
6 th Grade Girls	_____	_____	_____
6 th Grade Boys	_____	_____	_____
7 th Grade Girls	_____	_____	_____
7 th Grade Boys	_____	_____	_____
8 th Grade Girls	_____	_____	_____
8 th Grade Boys	_____	_____	_____
 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	\$ 35.00	Team
	\$ 7.00	Individual
	\$120.00	Maximum

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

Mail entry form and check to: Ron DiMaggio
Cross Country Coach
Westmoor High School
131 Westmoor Ave.
Daly City, Calif. 94015