

LOWELL HIGH SCHOOL



Lowell Invitational

1101 Eucalyptus Drive
San Francisco, CA 94132
Phone: 415-759-2730

TO: Cross Country Coaches

FROM: Andy Leong
Lowell Invitational Meet Director

DATE: September 9, 2017

SUBJECT: Race Day Instructions

Welcome to the 45th annual San Francisco Cross Country Invitational Meet. This year marks the 39th consecutive year that Lowell High School has sponsored this meet. It is a pleasure having you and your team here today. Please follow the directions listed below.

- 1) Each coach will receive this instruction sheet, names of your runners and their assign chip number, computer chips, 2.13 mile course maps (F/S) and 2.93 mile course maps.
- 2) There is no need to declare what race your runners are going to run before the race. They will be recorded in the race that they finish in. If you have a runner that does not have a chip, use a chip of a runner that is not running today of the same gender. We will try to change the name in the computer later. This will be the only way we will accommodate new names today.
- 3) Runners are asked to leave the finish line area as soon as they return their computer chips. **ONLY COACHES WILL BE ALLOWED IN THE FINISH AREA! PLEASE KEEP YOUR TEAM AWAY FROM THE FINISH AREA OR DISQUALIFICATION WILL BE ISSUED.**
- 4) We will try to post results on the side of our truck, so please do not bother the computer operator. See Meet Director Andy Leong if results have not been posted and I will try to make them available. Result will also be at recordtiming.com.
- 5) Top runners of non-winning teams will also receive medals.
- 6) All team members must wear an identifying top. No spikes or bare feet allowed.
- 7) Please instruct all of your runners to watch for bikes and horses on all paths.

8) A Varsity team must be entered before you can enter a J.V. team. If you have a special situation, speak to Meet Director Andy Leong before the J.V. races.

9) SCHEDULE	TIME	# Team Awards	# Inv. Awards
Walk Course	8:00-8:45 AM (maps provided)		
Frosh Boys 1	9:00 AM	2	12
Frosh Boys 2	9:25 AM	2	12
F/S Girls 1	9:50 AM	2	12
F/S Girls 2	10:15 AM	2	12
Soph Boys 1	10:40 AM	2	12
Soph Boys 2	11:05 AM	2	12
J.V. Boys 1	11:30 AM	2	9
J.V. Boys 2	11:55 AM	2	9
J.V. Girls	12:30 PM	2	12
Var. Girls 1	1:00 PM	3	20
Var. Girls 2	1:30 PM	3	20
Var. Boys 1	2:00 PM	3	20
Var. Boys 2	2:30 PM	3	20

Awards can be pickup at the back of the truck during the meet.

10) It is requested that each team pick up litter in their area when the meet has concluded. Trash bags are available at the finish line.

11) Tee shirts will be for sale. The cost is \$15.00.

12) This meet is a smoke free event! Please tell your parents and supporters that there is **No Smoking** of any kind!

Entry fees (based on names submitted) will be \$10.00 per individual, \$50.00 per division (5 to 15 runners. For ever runner over 15, an additional \$2 will be charged.) Each school will also be charged a \$45.00 website/facility fee. The maximum fee a school will pay will be based on the number of names that they are entering. Below is the maximum fee schedule:

<u>Number of Names</u>	<u>Maximum Fee</u>
1 – 30	\$210.00
31 – 40	\$225.00
41 – 50	\$240.00
51 – 60	\$255.00
61 – 70	\$270.00
71 – 80	\$285.00
81 – 90	\$300.00
91 – 100	\$315.00
101 – 110	\$330.00
111 – 120	\$345.00
121+	\$360.00

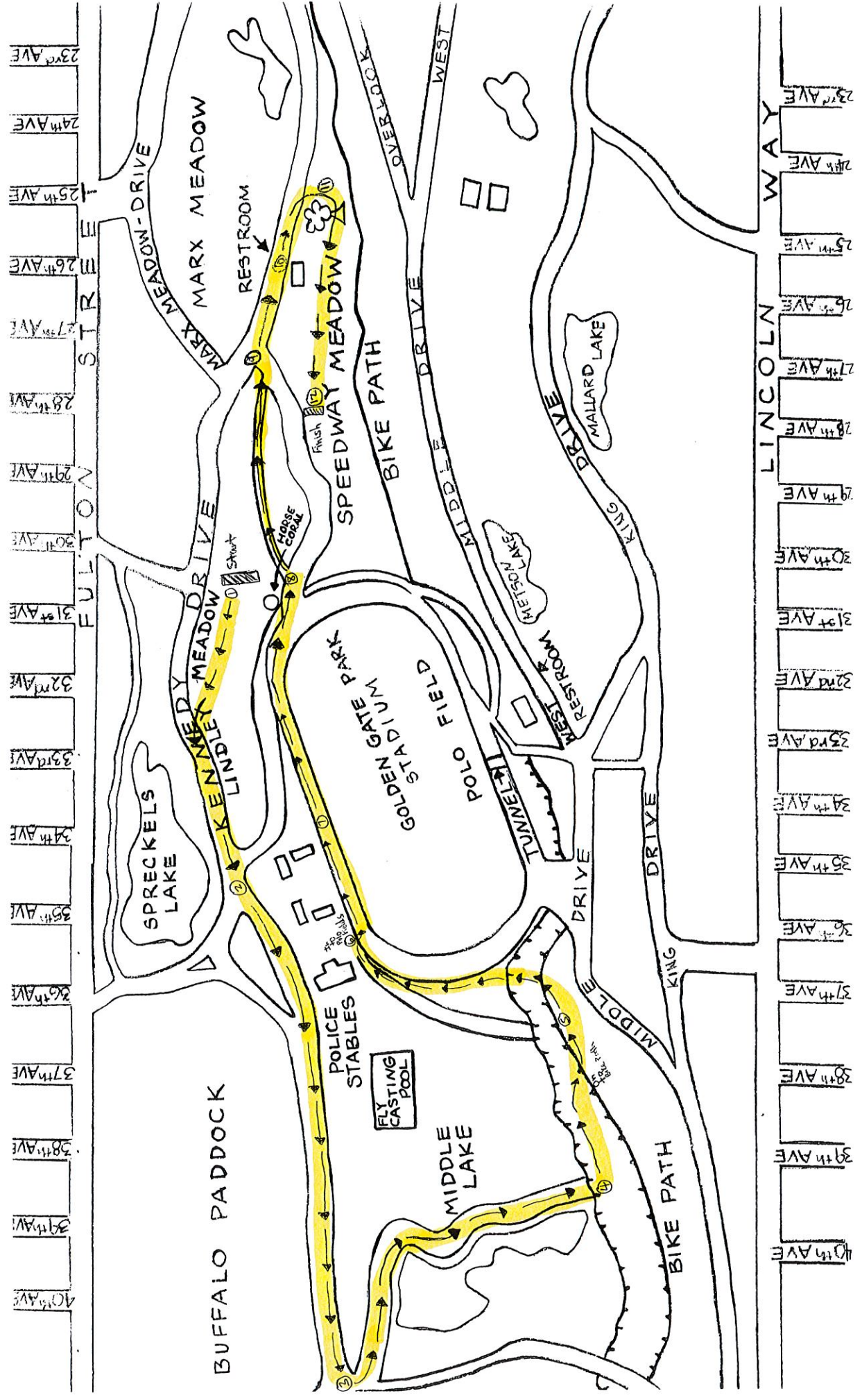
Checks should be made out to "**Lowell High School Track Team**".

The following schools have confirmed and are expected to participate in today's meet:

Abraham Lincoln - S.F.	Evergreen Valley	Los Altos	San Mateo
Alameda	Fred C. Beyer	Lowell	Seaside
Albany	Galileo	Marin Catholic	Sequoia
Alma Heights	Geo.Washington-S.F.	Menlo	SF University
Antioch	Grace Davis	Menlo Atherton	Sierra-Manteca
Aragon	Granada	Mercy-Burlingame	Sir Francis Drake
Archbishop Riordan	Granite Bay	Mills	Sonoma Valley
Bay School	Half Moon Bay	Milpitas	St. Francis-Mt. View
Bear Creek	Harker	Mission	St. Paul
Bella Vista	Henry M. Gunn	Montgomery	Stuart Hall
Bellarmino	Hillsdale	Mountain View	Tamalpais
Carlmont	Hughson	Mt Eden	Terra Nova
Cesar Chavez	James Lick	Newark Memorial	Ukiah
Christian Brothers	James Logan	Nueva	Urban
Clovis North	Jefferson	Oakmont	Vanguard Prep
Convent	Joseph A. Gregori	Palos Verdes	Villa Park
Crystal Springs	Junipero Serra	Phillip & Sala Burton	Watsonville
El Camino=SSF	Las Lomas	Piner	Westmoor
El Dorado	Lincoln - Stockton	Roberto Cruz	Will C Wood
Encinal	Livermore	Roseville	Woodside
Escalon	Los Alamitos	S.H. Cathedral	Woodside Priory

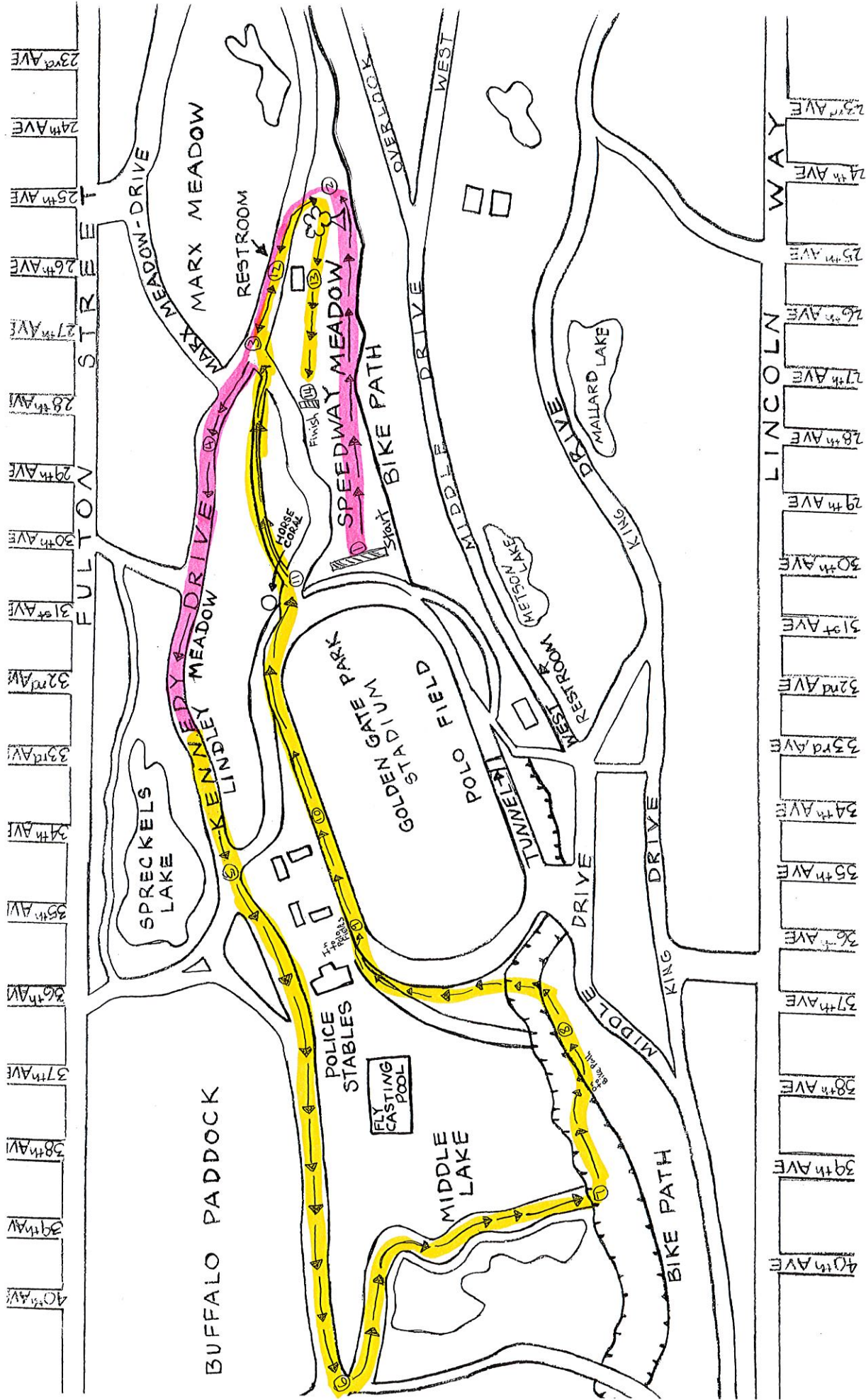
Thank you for coming today and have a great time!

LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



SEQUENCE: 1-2-3-4-5-6-7-8-9-10-11-12

LOWELL INVITATIONAL VARSITY 2.93 mi. COURSE



SEQUENCE: 1-2-12-3-4-5-6-7-8-9-10-11-3-12-2-13-14

Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2	
Evergreen Valley	21	Bellarmine	49	Evergreen Valley	24	St. Francis-Mt. View	24
Las Lomas	21	Lincoln - Stockton	23	Carlmont	23	Granite Bay	23
S.H. Cathedral	20	Los Altos	20	Las Lomas	21	Granada	20
Granada	18	Bear Creek	19	Lincoln - Stockton	20	Hughson	18
James Logan	17	Oakmont	15	Joseph A. Gregori	18	Stuart Hall/Convent	18
SF University	17	Woodside Priory	15	Lowell	17	SF University	16
Aragon	15	Granite Bay	13	Aragon	13	Hillsdale	13
Crystal Springs	15	Joseph A. Gregori	11	Menlo Atherton	13	Oakmont	13
Archbishop Riordan	14	Albany	10	James Logan	12	Mountain View	12
Stuart Hall/Convent	13	Sequoia	10	Tamalpais	12	Bear Creek	11
Carlmont	12	Livermore	9	Los Altos	11	Henry M. Gunn	10
Nueva	12	Antioch	8	Menlo	10	Mercy-Burlingame	10
Woodside	11	Hughson	7	Alameda	9	Sequoia	10
Junipero Serra	10	Mountain View	7	Mills	9	El Dorado	9
Menlo Atherton	10	Roberto Cruz	7	Sir Francis Drake	8	Woodside Priory	9
Hillsdale	9	Seaside	7	Antioch	7	Abraham Lincoln - S.F.	7
Lowell	9	Sierra-Manteca	7	Crystal Springs	7	Harker	7
Tamalpais	9	Menlo	7	James Lick	7	Nueva	7
Mills	8	Christian Brothers	6	Palos Verdes	7	S.H. Cathedral	7
San Mateo	6	Escalon	5	Urban	7	Woodside	7
Sir Francis Drake	6	Fred C. Beyer	5	Galileo	6	Grace Davis	6
Alameda	5	Harker	5	Marin Catholic	6	Seaside	6
Abraham Lincoln - S.F.	4	Piner	5	El Camino-SSF	5	Westmoor	6
El Camino-SSF	4	El Dorado	4	Escalon	5	Fred C. Beyer	5
Half Moon Bay	4	Grace Davis	4	Albany	4	Cesar Chavez	4
Westmoor	4	Roseville	4	Piner	4	Half Moon Bay	3
Galileo	3	Urban	4	Roseville	2	Christian Brothers	2
Marin Catholic	2	Vanguard Prep	4	Jefferson	1	Sierra-Manteca	2
		James Lick	2	San Mateo	1	Geo.Washington-S.F.	2
		Cesar Chavez	1			Montgomery	1
		Montgomery	1			Roberto Cruz	1
	299		294		289		289
Soph Boys 1		Soph Boys 2		NV Boys 1		NV Boys 2	
Bellarmine	43	James Logan	22	Bellarmine	46	Carlmont	37
Newark Memorial	17	Woodside	18	Hillsdale	22	James Logan	28
Junipero Serra	16	Westmoor	17	S.H. Cathedral	20	Ukiah	24
Los Altos	16	Lincoln - Stockton	16	Granada	18	Joseph A. Gregori	18
Alameda	15	Stuart Hall/Convent	16	Junipero Serra	18	Oakmont	18
Granite Bay	15	Escalon	15	Westmoor	18	Bay School	17
Oakmont	15	Las Lomas	15	Las Lomas	17	Los Altos	17
Half Moon Bay	12	Archbishop Riordan	13	Lowell	14	Stuart Hall/Convent	14
Lowell	12	Joseph A. Gregori	12	El Camino-SSF	12	Aragon	13
Henry M. Gunn	11	SF University	12	Encinal	12	Escalon	12
Crystal Springs	10	Woodside Priory	12	Lincoln - Stockton	12	Evergreen Valley	11
Granada	10	Galileo	10	Granite Bay	11	Menlo Atherton	11
Albany	9	Hillsdale	10	Fred C. Beyer	10	Mills	11
El Dorado	8	Bear Creek	9	Galileo	10	Henry M. Gunn	10
Hughson	8	Evergreen Valley	9	Sequoia	10	Villa Park	10
Carlmont	7	Abraham Lincoln - S.F.	7	Los Alamitos	9	Will C Wood	9
James Lick	7	Harker	7	Menlo	8	Newark Memorial	8
Mills	7	Menlo Atherton	7	Piner	8	Geo.Washington-S.F.	7
Cesar Chavez	6	Nueva	7	Palos Verdes	7	Seaside	7
Fred C. Beyer	5	Palos Verdes	6	Tamalpais	7	Woodside	7
Mountain View	5	Sequoia	6	Albany	6	Sir Francis Drake	6
Tamalpais	5	Sir Francis Drake	5	Alameda	5	Antioch	5
Aragon	4	Antioch	4	Crystal Springs	5	Half Moon Bay	5
Christian Brothers	3	Vanguard Prep	4	Jefferson	5	Mountain View	5
Grace Davis	3	Geo.Washington-S.F.	3	SF University	5	Woodside Priory	5
Piner	3	Phillip & Sala Burton	3	Abraham Lincoln - S.F.	4	Bear Creek	4
El Camino-SSF	2	San Mateo	3	Grace Davis	4	Harker	4
Seaside	1	Livermore	2	James Lick	4	Phillip & Sala Burton	4
Sierra-Manteca	1	Marin Catholic	2	Roseville	4	Sierra-Manteca	4
		Roseville	2	Hughson	3	Urban	3
		Urban	2	Clovis North	2	Marin Catholic	2
				St. Paul	2	Vanguard Prep	2
				Archbishop Riordan	1	Nueva	1
	276		276		339		339

NV Girls		Var Girls 1		Var Girls 2		Var Boys 1	
Bella Vista	25	Alameda	7	Alma Heights	7	Alameda	7
Newark Memorial	19	Aragon	7	Antioch	7	Alma Heights	7
Bay School	15	Bella Vista	7	Bay School	7	Antioch	7
Carlmont	14	Carlmont	7	Christian Brothers	7	Bellarmino	7
Las Lomas	14	Fred C. Beyer	7	Evergreen Valley	7	Carlmont	7
S.H. Cathedral	14	Granada	7	Grace Davis	7	Christian Brothers	7
St. Francis-Mt. View	14	Granite Bay	7	Henry M. Gunn	7	Clovis North	7
Granada	13	Harker	7	Hughson	7	Crystal Springs	7
Half Moon Bay	11	Joseph A. Gregori	7	Las Lomas	7	El Dorado	7
Tamalpais	11	Livermore	7	Los Alamitos	7	Evergreen Valley	7
Westmoor	11	Los Altos	7	Menlo	7	Grace Davis	7
Hillsdale	10	Lowell	7	Mills	7	Granada	7
Lowell	10	Marin Catholic	7	Mountain View	7	Half Moon Bay	3
Aragon	9	Menlo Atherton	7	Newark Memorial	7	Henry M. Gunn	7
Henry M. Gunn	9	Milpitas	7	Oakmont	7	Hughson	7
Seaside	9	Palos Verdes	7	San Mateo	7	James Logan	7
Villa Park	9	S.H. Cathedral	7	Sierra-Manteca	7	Livermore	7
Evergreen Valley	8	Sequoia	7	Terra Nova	7	Los Altos	7
Los Alamitos	8	Sir Francis Drake	7	Ukiah	7	Lowell	7
Menlo Atherton	8	St. Paul	7	Urban	7	Marin Catholic	7
Phillip & Sala Burton	8	Stuart Hall/Convent	7	Westmoor	7	Menlo Atherton	7
Ukiah	8	Villa Park	7	Woodside	7	Milpitas	7
Piner	7	Watsonville	7	Abraham Lincoln - S.F.	6	Montgomery	7
Encinal	6	Will C Wood	7	Mercy-Burlingame	6	Nueva	5
Galileo	6	Crystal Springs	6	Piner	6	Oakmont	7
Hughson	6	Escalon	6	SF University	6	Palos Verdes	7
James Logan	6	Montgomery	6	Tamalpais	6	Roseville	7
Joseph A. Gregori	6	Sonoma Valley	6	Lincoln - Stockton	5	Sequoia	7
Mountain View	6	Clovis North	5	Nueva	5	SF University	7
Will C Wood	6	El Dorado	5	Albany	3	Sonoma Valley	6
Woodside	6	James Lick	5	Cesar Chavez	3	St. Paul	7
Escalon	5	James Logan	5	Encinal	3	Stuart Hall/Convent	7
Lincoln - Stockton	5	Vanguard Prep	1	Roseville	5	Watsonville	7
Woodside Priory	5			Bear Creek	3	Will C Wood	9
Alameda	4			El Camino-SSF	3	Woodside	7
Antioch	4					Woodside Priory	3
Geo.Washington-S.F.	4		213		214		243
Grace Davis	4	Var Boys 2					
Jefferson	4	Abraham Lincoln - S.F.	7	San Mateo	4		
Los Altos	4	Albany	7	Sierra-Manteca	7		
Palos Verdes	4	Archbishop Riordan	7	Sir Francis Drake	5		
Menlo	3	Bay School	7	Tamalpais	7		
Sir Francis Drake	3	Bear Creek	7	Terra Nova	7		
Albany	2	Bellarmino B	7	Ukiah	7		
Fred C. Beyer	2	Cesar Chavez	6	Urban	7		
James Lick	2	El Camino-SSF	7	Villa Park	7		
Livermore	2	Encinal	7	Westmoor	7		
Marin Catholic	2	Escalon	7				
Mills	2	Fred C. Beyer	7		242		
Oakmont	2	Granite Bay	7				
Roseville	1	Harker	7				
San Mateo	1	Hillsdale	7				
Sequoia	1	James Lick	5				
		Joseph A. Gregori	7				
		Junipero Serra	7				
		Las Lomas	7				
		Lincoln - Stockton	7				
	378	Los Alamitos	7				
		Menlo	7				
		Mills	7				
		Mission	1				
		Mountain View	7				
		Mt. Eden	1				
		Newark Memorial	7				
		Piner	7				
		Roberto Cruz	3				
		S.H. Cathedral	7				