

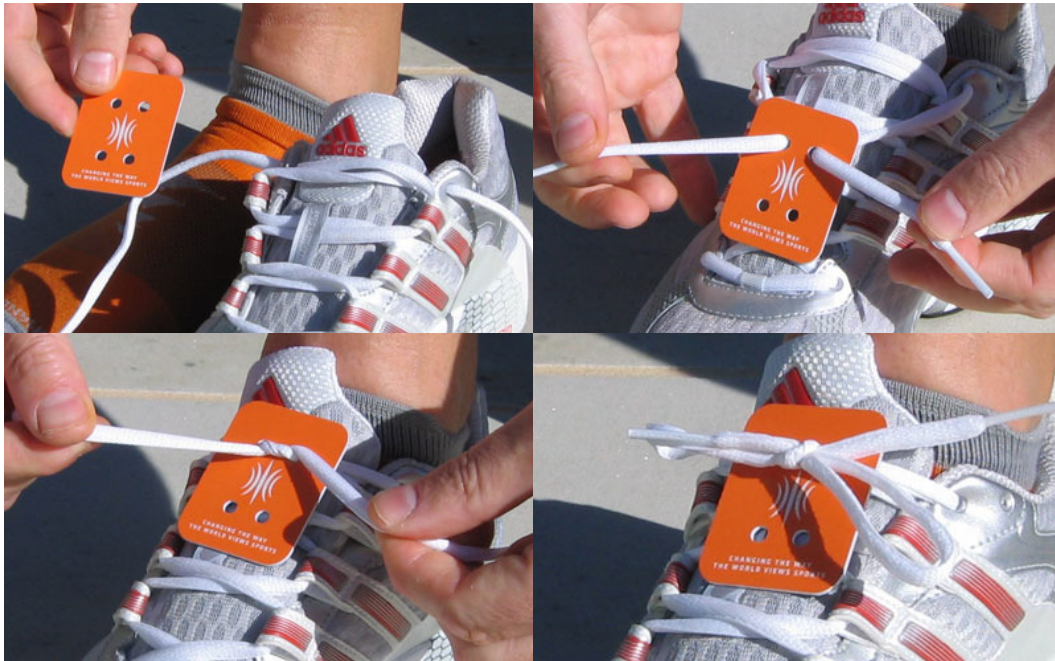
Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2	
Palo Alto	48	Henry M. Gunn	27	Las Lomas	24	Carlmont	22
Lowell	23	Junipero Serra	23	Lowell	20	St. Francis-Mt. View	21
Sequoia	22	Mills	22	Los Altos	18	Notre Dame -San Jose	20
Convent/Stuart Hall	16	Las Lomas	18	Joseph A. Gregori	18	Palo Alto	19
Crystal Springs	16	Los Altos	17	S.H. Cathedral	16	Granada	17
Mountain View	14	Granada	16	Oakmont	16	Convent/Stuart Hall	16
Evergreen Valley	11	Lincoln - Stockton	14	Newark Memorial	15	Lincoln - Stockton	16
Fred C. Beyer	11	Hillsdale	12	Aragon	14	Henry M. Gunn	16
Newark Memorial	11	Joseph A. Gregori	11	Escalon	14	Marin Catholic	14
Piner	11	Oakmont	11	Menlo Atherton	14	SF University	14
Christian Brothers	10	S.H. Cathedral	11	Christian Brothers	12	Mercy-Burlingame	13
Granite Bay	9	Menlo	10	Crystal Springs	11	Sir Francis Drake	12
SF University	9	Nueva	9	Alameda	10	Harker	10
Fremont-Sunnyvale	8	Sir Francis Drake	9	Bear Creek	9	Geo.Washington-S.F.	8
Prospect	8	Harker	8	Hillsdale	9	Mills	8
Urban	5	Vanguard Prep	8	Half Moon Bay	8	Acalanes	7
Tamalpais	7	Sacred Heart Prep	7	Skyline	8	Antioch	7
Half Moon Bay	6	Woodside	7	Albany	7	Evergreen Valley	7
Menlo Atherton	6	Livermore	6	Granite Bay	7	James Logan	7
Skyline	5	San Mateo	5	James Lick	7	Tamalpais	7
Marin Catholic	4	Geo.Washington-S.F.	7	Menlo	7	El Dorado	6
James Logan	3	Healdsburg	3	Westmoor	7	Piner	6
El Camino-SSF	2	Clovis North	2	Phillip & Sala Burton	6	Woodside	6
Westmoor	2	Phillip & Sala Burton	2	Sacred Heart Prep	6	Mountain View	5
Jefferson	1	Escalon	1	El Camino-SSF	5	Nueva	4
				Galileo	4	Urban	4
				Prospect	4	Sequoia	3
				Abraham Lincoln - S.F.	2	Fred C. Beyer	3
				Healdsburg	2	San Mateo	1
				Jefferson	1	Vanguard Prep	1
	268		266		301		300
Soph Boys 1		Soph Boys 2		NV Boys 1		NV Boys 2	
Bellarmino	42	Palo Alto	30	Bellarmino	60	James Logan	31
Las Lomas	24	Los Altos	29	Las Lomas	26	Los Altos	28
Menlo Atherton	19	Henry M. Gunn	23	Ukiah	24	Palo Alto	26
Christian Brothers	16	Lincoln - Stockton	18	Carlmont	23	Convent/Stuart Hall	24
Evergreen Valley	15	James Logan	16	Junipero Serra	19	Oakmont	23
Granada	15	Joseph A. Gregori	14	Alameda	18	Westmoor	20
Albany	13	Carlmont	13	Phillip & Sala Burton	17	Hillsdale	17
SF University	13	Lowell	12	Christian Brothers	13	Woodside Priory	14
Oakmont	12	S.H. Cathedral	12	Granada	12	Escalon	13
Westmoor	12	Sir Francis Drake	12	Lincoln - Stockton	12	Casa Roble	12
Convent/Stuart Hall	11	Escalon	11	Lowell	12	Joseph A. Gregori	12
Alameda	10	Archbishop Riordan	10	Woodside	12	S.H. Cathedral	12
Bear Creek	10	Granite Bay	10	SF University	10	Skyline	12
Sequoia	10	Crystal Springs	9	Albany	9	Mills	11
Fremont-Sunnyvale	9	Newark Memorial	9	Acalanes	8	Bear Creek	9
Woodside	9	Aragon	8	Encinal	8	Evergreen Valley	9
Livermore	8	Harker	8	Mountain View	8	Henry M. Gunn	8
Acalanes	7	El Dorado	7	Granite Bay	7	Will C Wood	8
Geo.Washington-S.F.	7	Hillsdale	7	Antioch	6	Geo.Washington-S.F.	7
Marin Catholic	7	Clovis North	6	Archbishop Riordan	6	Montgomery	7
El Camino-SSF	6	Galileo	6	Fred C. Beyer	6	Clovis North	6
San Mateo	5	Piner	6	Healdsburg	6	Fremont-Sunnyvale	6
Fred C. Beyer	5	Prospect	6	Menlo	6	James Lick	6
Mills	5	Junipero Serra	6	Sir Francis Drake	6	Menlo Atherton	6
Antioch	4	Tamalpais	5	Galileo	5	Bay School	5
Healdsburg	4	Mountain View	4	Middletown	5	Crystal Springs	5
Phillip & Sala Burton	4	Sacred Heart Prep	4	Newark Memorial	5	Harker	5
Abraham Lincoln - S.F.	3	Half Moon Bay	3	Piner	5	Pacific Bay Christian	5
Menlo	3	Vanguard Prep	3	Half Moon Bay	4	Sequoia	5
Nueva	2	Skyline	2	Marin Catholic	4	Tamalpais	5
		Urban	2	Aragon	3	Nueva	4
				El Camino-SSF	2	Sacred Heart Prep	4
				San Mateo	2	Jefferson	3
	310		311	Vanguard Prep	1	Urban	2
					370		370

NV Girls		Var Girls 1		Var Girls 2		Var Boys 1	
Carlmont	17	Harker	8	Laguna Beach	10	Bellarmine	7
Los Altos	17	Lincoln - Stockton	8	Evergreen Valley	7	Albany	7
Notre Dame -San Jose	17	Christian Brothers	7	Hillsdale	7	El Dorado	7
S.H. Cathedral	15	Granada	7	Joseph A. Gregori	7	Granada	7
Evergreen Valley	12	Granite Bay	7	Lowell	7	Granite Bay	7
Granada	12	Henry M. Gunn	7	Menlo Atherton	7	Joseph A. Gregori	7
Geo.Washington-S.F.	10	Los Altos	7	Mills	7	Las Lomas	7
Phillip & Sala Burton	10	Menlo	7	Palo Alto	7	Lowell	7
Lowell	9	Milpitas	7	Sacred Heart Prep	7	Palo Alto	7
Newark Memorial	9	Mountain View	7	SF University	7	SF University	7
St. Francis-Mt. View	9	Oakmont	7	Sir Francis Drake	7	Acalanes	7
Ukiah	9	S.H. Cathedral	7	Skyline	7	Archbishop Riordan	7
Alameda	8	Sequoia	7	Terra Nova	7	Christian Brothers	7
Aragon	8	St. Francis-Mt. View	7	Will C Wood	7	Evergreen Valley	7
Casa Roble	8	Acalanes	7	Carlmont	7	Fred C. Beyer	7
Granite Bay	8	Convent/Stuart Hall	7	Alameda	7	Half Moon Bay	7
Henry M. Gunn	8	Las Lomas	7	James Logan	7	Henry M. Gunn	7
Menlo Atherton	8	Middletown	7	Marin Catholic	7	Menlo	7
Middletown	8	Newark Memorial	7	Montgomery	7	Mills	7
Palo Alto	8	Ukiah	7	Tamalpais	7	S.H. Cathedral	7
Sir Francis Drake	8	Clovis North	6	Urban	7	San Mateo	7
Tamalpais	8	El Dorado	6	Westmoor	6	Ukiah	7
Will C Wood	8	Mercy-Burlingame	6	James Lick	6	Woodside Priory	7
Acalanes	7	Antioch	6	Bay School	6	Convent/Stuart Hall	7
Christian Brothers	7	Abraham Lincoln - S.F.	5	Sonoma Valley	6	James Logan	7
Oakmont	7	Fremont-Sunnyvale	5	Fred C. Beyer	5	Marin Catholic	7
Woodside Priory	7	Nueva	5	Woodside	5	Montgomery	7
Bear Creek	6	Albany	5	Branham	5	Skyline	7
Hillsdale	6	Encinal	5	Livermore	5	Tamalpais	7
Menlo	6	Piner	5	Healdsburg	4	Bear Creek	6
Mountain View	6	Escalon	4	San Mateo	3	Nueva	6
Antioch	5	Half Moon Bay	4	Watsonville	3	Bay School	6
Bay School	5	Aragon	2	Bear Creek	3	Junipero Serra	6
Galileo	5	Casa Roble	2	Crystal Springs	1	Sonoma Valley	6
Las Lomas	5	Merced	1	Prospect	1	Watsonville	5
Mills	5					Antioch	5
Sequoia	5		209		209	Merced	3
Skyline	5						
Encinal	4						246
Livermore	4	Var Boys 2					
Woodside	4	Laguna Beach	10	Middletown	7		
Crystal Springs	3	Carlmont	7	Newark Memorial	7		
Jefferson	3	Clovis North	7	Piner	7		
Marin Catholic	3	Los Altos	7	Branham	6		
Sacred Heart Prep	3	Oakmont	7	James Lick	6		
Urban	3	Sir Francis Drake	7	Mountain View	6		
Vanguard Prep	3	Bellarmine	7	Urban	6		
James Lick	2	Woodside	11	Healdsburg	2		
James Logan	2	Abraham Lincoln - S.F.	7	El Camino-SSF	1		
Joseph A. Gregori	2	Alameda	7	Pacific Bay Christian	1		
Montgomery	2	Crystal Springs	7	Prospect	1		
Pacific Bay Christian	2	Escalon	7				
SF University	2	Fremont-Sunnyvale	7				
El Camino-SSF	1	Harker	7				
Healdsburg	1	Hillsdale	7				
Nueva	1	Lincoln - Stockton	7				
Piner	1	Menlo Atherton	7		247		
		Milpitas	7				
		Sacred Heart Prep	7				
	367	Sequoia	7				
		Westmoor	7				
		Will C Wood	7				
		Aragon	6				
		Terra Nova	6				
		Casa Roble	5				
		Galileo	5				
		Encinal	7				
		Livermore	7				

Chip and Bib Instructions:

- 1) ALL athletes **MUST** wear the corresponding assigned shoe chip.
- 2) ALL athletes **MUST** wear the corresponding numbered “chip”.
 - Chips are numbered on the Black side. Make sure to match the correct numbers to the corresponding athlete numbers.
 - Chips are to be shoe laced into the shoe laces as shown.
 - Double knot laces.

Do NOT put the chip in your sock, on your ankle, or in your pocket, etc. Only wear as shown.



- 3) ALL chips, whether an athlete is running, **NOT** running, or **DOES NOT FINISH MUST** be turned in and/or collected after each race. We need them for another upcoming race.
- 4) There is a **\$25** charge for **each** chip not returned

LOWELL HIGH SCHOOL



Lowell Invitational

1101 Eucalyptus Drive
San Francisco, CA 94132
Phone: 415-759-2730
August 1, 2018

Dear Cross Country Coaches:

The 46th annual San Francisco Cross Country Invitational Meet will be held on Saturday, September 8, 2018 at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 40th consecutive year that Lowell High School has sponsored this meet. We would like to thank the San Francisco Recreation & Park Department for their support of this meet.

There will be three divisions for girls (Frosh/Soph, Non Varsity and Varsity) and four divisions for boys (Freshmen, Sophomore, Non Varsity and Varsity). **We will again be finishing all races in Speedway Meadow (aka Hellman Hollow).** The distance is approximately 2.93 miles for Varsity & Non Varsity races and 2.13 miles for Frosh/Soph races. The majority of the course follows the same trails that we have been running since 1993 (maps enclosed). The number of races and distances may change based on the number of teams attending and other unforeseen circumstances. We welcome all teams regardless of size or experience.

Entry Instructions: We will use **Direct Athletics** to collect entries. Every school that plans to attend must follow these instructions:

- E-mail Meet Director Andy Leong at "coachaleong@hotmail.com" to let him know that you will attend the meet. Please include the following in your e-mail: 1) Name of school. 2) Name of Coach. 3) Day/Night ☎#. 4) Tentative number of runners per division that you think you will have. Your school's name will be added to the invite list for the meet within 24 hours.
- Go to www.directathletics.com to enter names and submit entries. Instructions on how to submit names are enclosed. **Deadline to submit will be 6:30 PM on Monday September 3.** Race day entries will be at the discretion of the computer operator, and there will be a \$5 per name charge in addition to the regular fees.

A Varsity team must be entered first before a Non Varsity team can be entered. Teams will be subject to disqualification if they have faster runners on their Non Varsity teams. **Due to our growing numbers, only seven runners can be entered in the Varsity divisions and we may need to cap the number of runners per race.**

Thirteen Race Schedule

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
Non Var Boys 1	11:30 AM	2	9
Non Var Boys 2	11:55 AM	2	9
Non Var. 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

Meet management reserves the right to combine races if the numbers do not support having 13 races. Race assignments will be out by Friday September 7.

There will be seven medals for each winning team. Individual awards are given to members of non-winning teams with no more than seven individual medals going to members of the same team. **Please note that the Non Varsity Boys will be before the Non Varsity Girls race.** There are no dressings facilities so please come dressed to run.

We plan on having souvenir tee shirts for sale again this year.

Fee Schedule

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	\$220.00
31 – 40	\$235.00
41 – 50	\$250.00
51 – 60	\$265.00
61 – 70	\$280.00
71 – 80	\$290.00
81 – 90	\$305.00
91 – 100	\$320.00
101 – 110	\$335.00
111 – 120	\$350.00
121+	\$365.00

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

You may mail your entry fee to the following address:

Lowell High School
Andy Leong, Track Coach
1101 Eucalyptus Drive
San Francisco, Ca. 94132

All entry fees should be received by the day of the meet. Coaches whose school has a history of late payment will be asked to leave a personal check or their school will not be allow to run. A late fee of \$25 will be charged if payment is not received by September 21. If you have questions, please e-mail me at coachaleong@hotmail.com.

ON MEET DAY

- Please obey all traffic rules. Park rangers will be on site and will be enforcing all traffic laws.
- I encourage all schools to travel by bus when possible. Please make an effort to reduce the number of vehicles your school brings in the park.
- A drop off zone will be created on Kennedy Drive between the opening of Marx Meadow and Hellman Hallow (Speedway Meadow). There will be no parking in this area.
- Parking will be available on Overlook Drive. See map for details.
- Absolutely **no vehicles** are to be in Hellman Hallow (Speedway Meadow) including the bike path. **Violation of this rule could jeopardize your school's participation in the meet.**
- No personal BBQ that require coals, only propane.
- Permission must be requested if you wish to use a generator by August 24. If permission is granted, the generator must sit on ply wood.

Sincerely,

Andy Leong

Andy Leong
Track Coach/Meet
Director

Hellman Hollow Posting and Parking Map





How to Submit your Roster Online—Cross Country

NOTE: After all of your athletes have been added to your online roster (Step 2), you must submit your roster to the meet by clicking the green “Register” link. (Step 3 below) Your roster is not submitted until you complete Step 3.

STEP 1—Access your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

If you already have a DirectAthletics account for your Cross Country team, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click on the link “New User? Click HERE”. 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account. 4) Make sure you create a HIGH SCHOOL team

NOTE ABOUT ACCOUNTS: Most coach accounts control a school’s Men’s AND Women’s team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women’s team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Cross Country **Team:** Trinity College School (M)

This indicates that you are controlling the Trinity College School MEN’S team (M=MEN). To switch to your Women’s team, you would select “Trinity College School (W)”.

STEP 2—Edit/Set up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.

- 1) Upon logging in, click the TEAM tab.
- 2) If you have used DirectAthletics before, you will see last year’s roster. School years have automatically been moved forward one year. You can click “Import Track Roster” which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 3) Click the green “Add Athletes” link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).

- 4) Enter your athletes First Name, Last Name and School Year and click "Submit"
- 5) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3--Submit Your Roster

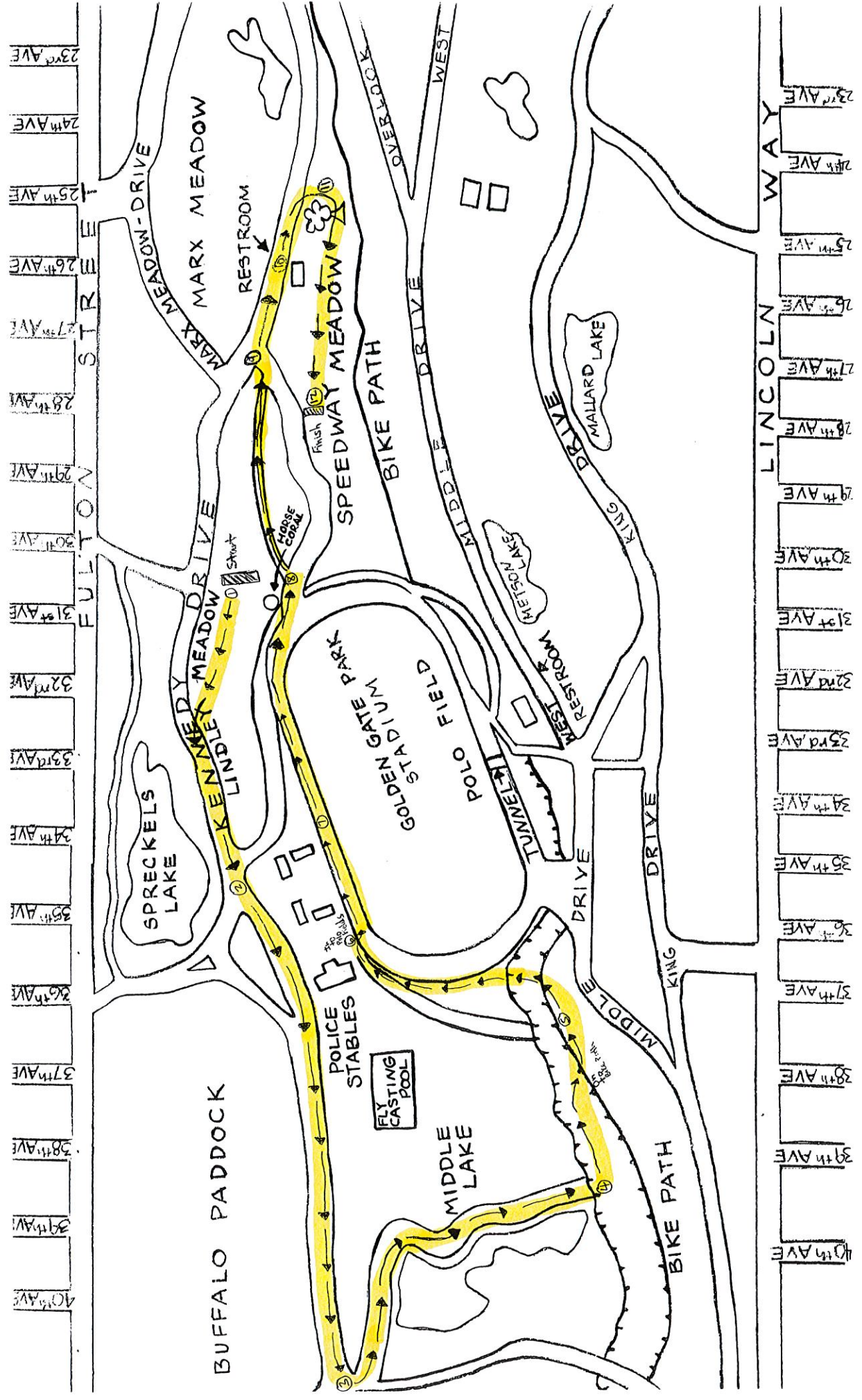
Once your athletes are added to your roster, you must submit your roster to the meet.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Check off the box for each athlete you wish to enter. You can check the "All" box to select (or un-select) your entire roster. Click "Submit". You MUST click "Submit" to submit your entries.

****Submit all competing athletes, regardless of which race they are running. You do not need to declare events online.****

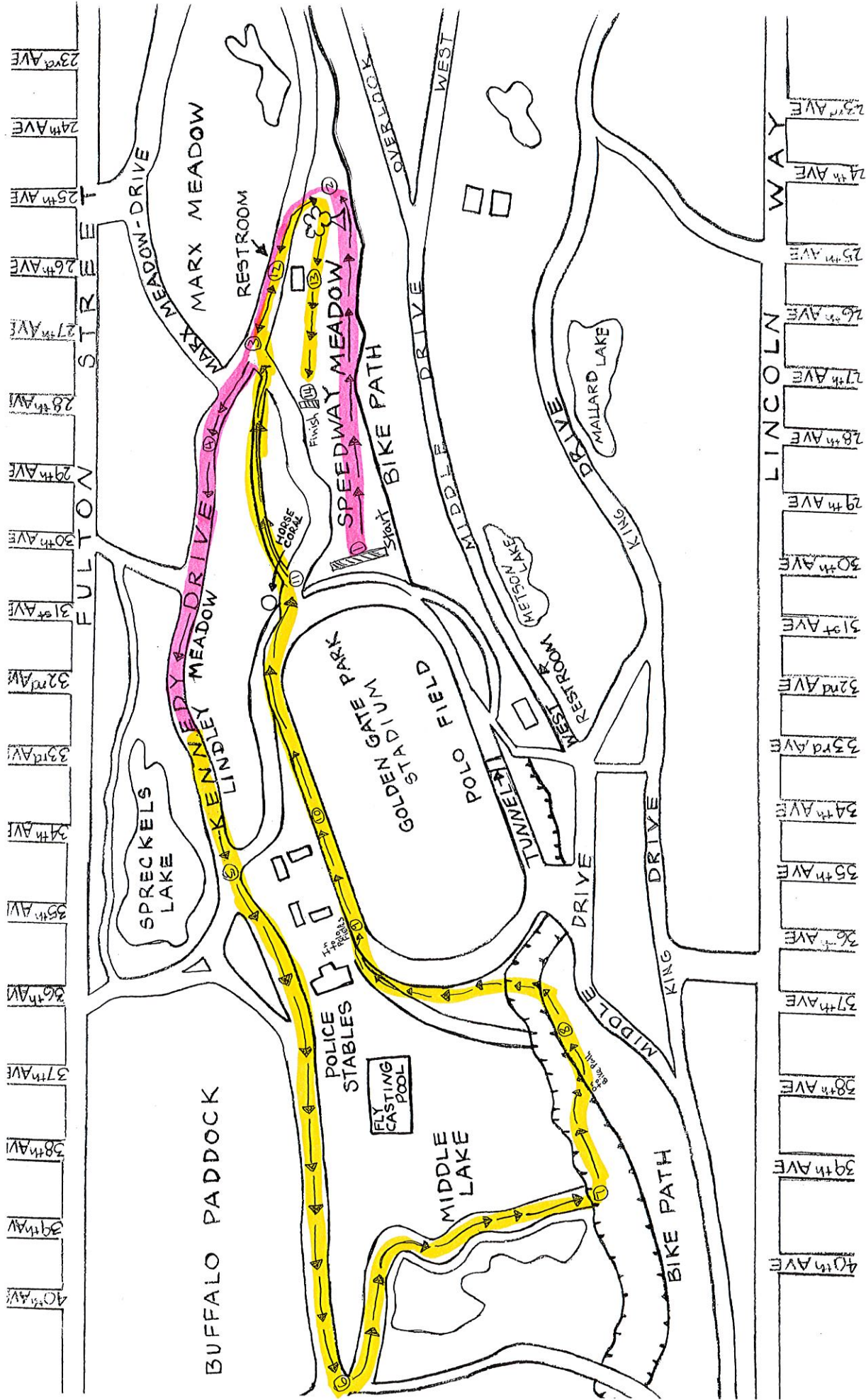
- 3) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link.
- 4) For entry confirmation, simply print the "View Entries" page or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.

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