

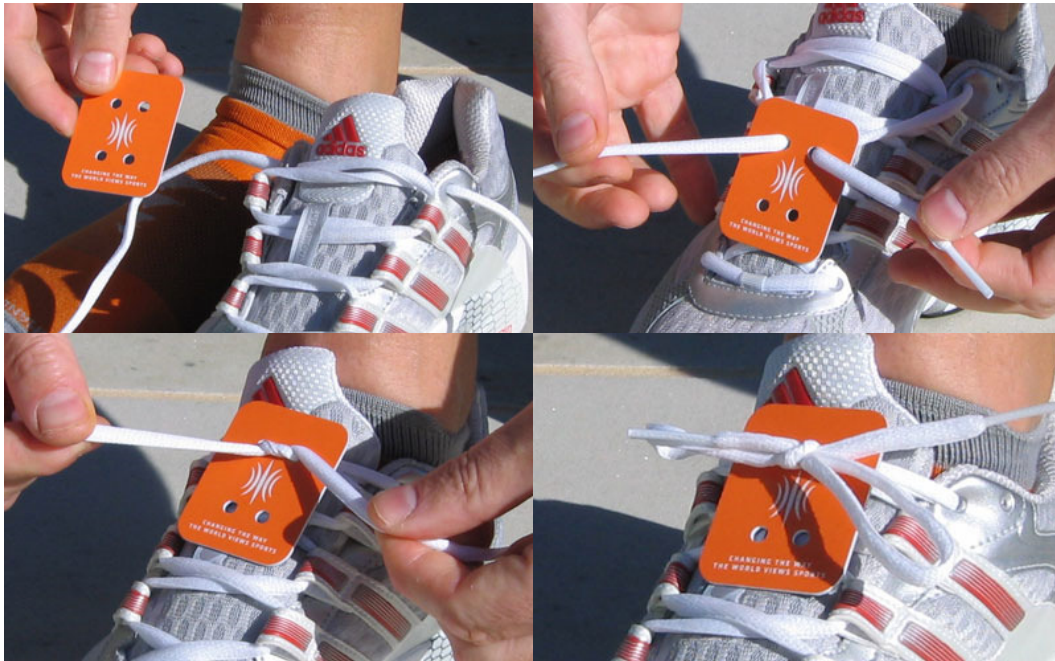
Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2	
Palo Alto	29	Bellarmine	41	Henry M. Gunn	41	Palo Alto	27
Los Altos	26	Granada	23	Joseph A. Gregori	23	Marin Catholic	22
Menlo Atherton	18	Henry M. Gunn	19	Bear Creek	18	Carlmont	19
Convent/Stuart Hall	14	Newark Memorial	17	Menlo Atherton	18	Lincoln - Stockton	19
Junipero Serra	13	Lincoln - Stockton	16	Las Lomas	16	Notre Dame -San Jose	18
SF University	13	Antioch	16	Lowell	15	Alameda	15
Archbishop Riordan	12	Sequoia	15	Newark Memorial	15	Oakmont	15
Carlmont	12	Hughson	14	Granada	14	Los Altos	14
Lowell	11	Mountain View	14	Christian Brothers	13	Mountain View	12
Mills	11	Joseph A. Gregori	12	Convent/Stuart Hall	11	Tamalpais	12
S.H. Cathedral	11	Menlo	11	SF University	10	Acalanes	9
Las Lomas	11	Christian Brothers	10	Menlo	9	S.H. Cathedral	9
Urban	9	Oakmont	10	Terra Nova	9	Mercy-Burlingame	8
Alameda	9	Harker	9	Antioch	7	Sequoia	8
Albany	9	Prospect	9	Hughson	7	Prospect	8
Fremont-Sunnyvale	9	College Park	8	Aragon	6	El Dorado	7
Aragon	8	Woodside	8	Geo.Washington-S.F.	6	Urban	7
San Mateo	8	Bear Creek	7	San Mateo	6	College Park	6
Terra Nova	8	Piedmont	7	Crystal Springs	5	Sacred Heart Prep	6
Crystal Springs	7	Acalanes	6	Hillsdale	5	Albany	5
Geo.Washington-S.F.	7	Healdsburg	5	Piedmont	5	Galileo	5
Nueva	7	James Lick	5	Tokay	5	James Lick	5
Tamalpais	7	Half Moon Bay	4	Harker	4	Sir Francis Drake	5
Hillsdale	6	Piner	4	Phillip & Sala Burton	4	West Campus	5
Marin Catholic	6	Tokay	4	Westmoor	3	Healdsburg	4
El Camino-SSF	5	Sacred Heart Prep	3	Piner	2	El Camino-SSF	3
Pinewood	5	West Campus	3	Vanguard Prep	2	Fremont-Sunnyvale	2
Sir Francis Drake	5	Drew	2	Summit Shasta	1	Terra Linda	2
Westmoor	5	Clovis North	1			Woodside	2
Galileo	2	Summit Shasta	1				
Jefferson	1	Vanguard Prep	1				
	304		305		280		279
Soph Boys 1		Soph Boys 2		NV Boys 1		NV Boys 2	
Bellarmine	37	Henry M. Gunn	31	Bellarmine	50	Los Altos	33
Los Altos	22	Palo Alto	28	Carlmont	36	Bear Creek	21
Sequoia	17	Junipero Serra	24	Convent/Stuart Hall	20	Ukiah	21
Acalanes	16	Granada	16	Las Lomas	18	Junipero Serra	20
Carlmont	15	Lowell	16	Henry M. Gunn	15	Alameda	17
Archbishop Riordan	14	Mills	13	Acalanes	14	Fremont-Sunnyvale	15
Geo.Washington-S.F.	12	Mountain View	12	Christian Brothers	14	Oakmont	15
Lincoln - Stockton	12	Tamalpais	12	Joseph A. Gregori	14	Westmoor	15
Prospect	12	Albany	11	Menlo Atherton	12	Hillsdale	14
Christian Brothers	10	Hillsdale	10	SF University	12	Lowell	14
El Dorado	10	Menlo	10	College Park	11	Hughson	13
Hughson	10	Convent/Stuart Hall	9	Woodside	11	Albany	11
Clovis North	9	Las Lomas	9	Archbishop Riordan	10	Granada	11
Half Moon Bay	9	Oakmont	9	Lincoln - Stockton	10	Palo Alto	11
Marin Catholic	9	Bear Creek	8	Antioch	9	Crystal Springs	10
Sir Francis Drake	9	Newark Memorial	8	Galileo	9	Piedmont	10
Joseph A. Gregori	8	Woodside	8	Sequoia	9	S.H. Cathedral	10
San Mateo	8	Crystal Springs	7	Woodside Priory	9	Piner	9
Antioch	7	Terra Nova	7	Harker	9	Sir Francis Drake	9
Piedmont	7	Fremont-Sunnyvale	6	Geo.Washington-S.F.	8	Bay School	8
College Park	6	Piner	6	Tokay	8	Mills	8
Mission Viejo	6	Urban	6	Menlo	7	Arcadia	7
SF University	6	Westmoor	6	Pacific Bay Christian	7	Montgomery	7
West Campus	6	Nueva	5	West Torrance	7	Phillip & Sala Burton	7
Menlo Atherton	5	S.H. Cathedral	5	James Lick	6	Aragon	6
Alameda	4	Aragon	4	Tamalpais	6	Mountain View	6
James Lick	4	Phillip & Sala Burton	4	El Camino-SSF	5	Vanguard Prep	6
Tokay	4	El Camino-SSF	3	Encinal	5	Half Moon Bay	5
Healdsburg	3	Pinewood	3	Clovis North	4	Sacred Heart Prep	5
Sacred Heart Prep	3	Galileo	2	Mission Viejo	4	Jefferson	4
Vanguard Prep	1	Terra Linda	2	Healdsburg	2	Newark Memorial	4
		Summit Shasta	2	San Mateo	2	Terra Linda	4
				West Campus	2	Marin Catholic	3
	301		302	Nueva	1	Pinewood	3
						Prospect	2
					365		364

NV Girls		Var Girls 1		Var Girls 2		Var Boys 1	
Los Altos	17	Acalanes	7	Alameda	7	Acalanes	7
Marin Catholic	16	Arcadia	7	Bay School	7	Arcadia	7
Notre Dame -San Jose	15	Branham	7	Clovis North	7	Bay School	7
Bear Creek	14	Carlmont	7	Convent/Stuart Hall	7	Bellarmino	7
Carlmont	14	Christian Brothers	7	Granada	7	Carlmont	7
Hughson	13	Harker	7	Henry M. Gunn	7	Clovis North	7
Granada	12	Hillsdale	7	Hughson	7	Convent/Stuart Hall	7
Lowell	12	Joseph A. Gregori	7	Lincoln - Stockton	7	Encinal	7
Presentation	12	Los Altos	7	Lowell	7	Galileo	7
Ukiah	10	Marin Catholic	7	Montgomery	7	Half Moon Bay	7
Christian Brothers	9	Menlo	7	Mountain View	7	Healdsburg	7
Crystal Springs	9	Mills	7	Nueva	7	Hillsdale	7
Henry M. Gunn	9	Newark Memorial	7	Piedmont	7	Hughson	7
Bay School	8	Palo Alto	7	Presentation	7	Las Lomas	7
El Camino-SSF	8	S.H. Cathedral	7	Sonoma Academy	7	Lincoln - Stockton	7
Las Lomas	8	Sequoia	7	Watsonville	7	Mills	7
Menlo	8	SF University	7	Woodside Priory	7	Mountain View	7
S.H. Cathedral	8	Tamalpais	7	Antioch	6	Oakmont	7
Tamalpais	8	Ukiah	7	Hilmar	6	Piner	7
Arcadia	7	Woodside	7	James Lick	6	S.H. Cathedral	7
Harker	7	Albany	6	Merced	6	Sonoma Academy	7
Menlo Atherton	7	College Park	6	Sir Francis Drake	6	Tamalpais	7
Pinewood	7	Las Lomas	6	Urban	6	Tokay	7
Fremont-Sunnyvale	6	Mercy-Burlingame	6	Fremont-Sunnyvale	5	Ukiah	7
Half Moon Bay	6	Oakmont	6	Piner	5	Watsonville	7
Joseph A. Gregori	6	Tokay	6	Terra Nova	5	West Torraine	7
Newark Memorial	6	Menlo Atherton	5	Sonoma Valley	5	Woodside	7
Antioch	5	Sacred Heart Prep	4	Bear Creek	4	Abraham Lincoln - S.F.	6
Galileo	5	Geo.Washington-S.F.	3	Encinal	4	Aragon	6
Aragon	4	Summit Shasta	2	Abraham Lincoln - S.F.	3	Sacred Heart Prep	6
Convent/Stuart Hall	4	El Camino-SSF	1	Half Moon Bay	2	Vanguard Prep	6
James Lick	4	Healdsburg	1	Summit Shasta	2	Christian Brothers	5
Mountain View	4			El Dorado	1	Summit Shasta	5
Oakmont	4					Terra Nova	5
Sacred Heart Prep	4					Urban	5
Alameda	3					El Camino-SSF	4
Encinal	3		192		191	Geo.Washington-S.F.	2
Lincoln - Stockton	3					Drew	1
Phillip & Sala Burton	3						
Piedmont	3	Var Boys 2					240
Sequoia	3	Alameda	7	Harker	6		
Terra Linda	3	Bear Creek	7	Merced	6		
Westmoor	3	Branham	7	Newark Memorial	6		
Woodside Priory	3	College Park	7	Sir Francis Drake	6		
Geo.Washington-S.F.	2	El Dorado	7	West Campus	6		
Hillsdale	2	Fremont-Sunnyvale	7	Antioch	5		
Pacific Bay Christian	2	Granada	7	Menlo	5		
Palo Alto	2	Henry M. Gunn	7	Menlo Atherton	5		
Piner	2	Hilmar	7	Phillip & Sala Burton	4		
SF University	2	James Lick	7	Terra Linda	4		
Jefferson	1	Joseph A. Gregori	7	Crystal Springs	3		
Prospect	1	Los Altos	7	San Mateo	3		
West Campus	1	Lowell	7				
Woodside	1	Marin Catholic	7			240	
		Mission Viejo	7				
		Montgomery	7				
		Nueva	7				
		Palo Alto	7				
		Piedmont	7				
	339	Sequoia	7				
		SF University	7				
		Sonoma Valley	7				
		Westmoor	7				
		Woodside Priory	7				
		Bellarmino	7				
		Archbishop Riordan	6				

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



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 7, 2019

SUBJECT: Race Day Instructions

Welcome to the 47th annual San Francisco Cross Country Invitational Meet. This year marks the 40th 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 \$17.00.

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	\$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

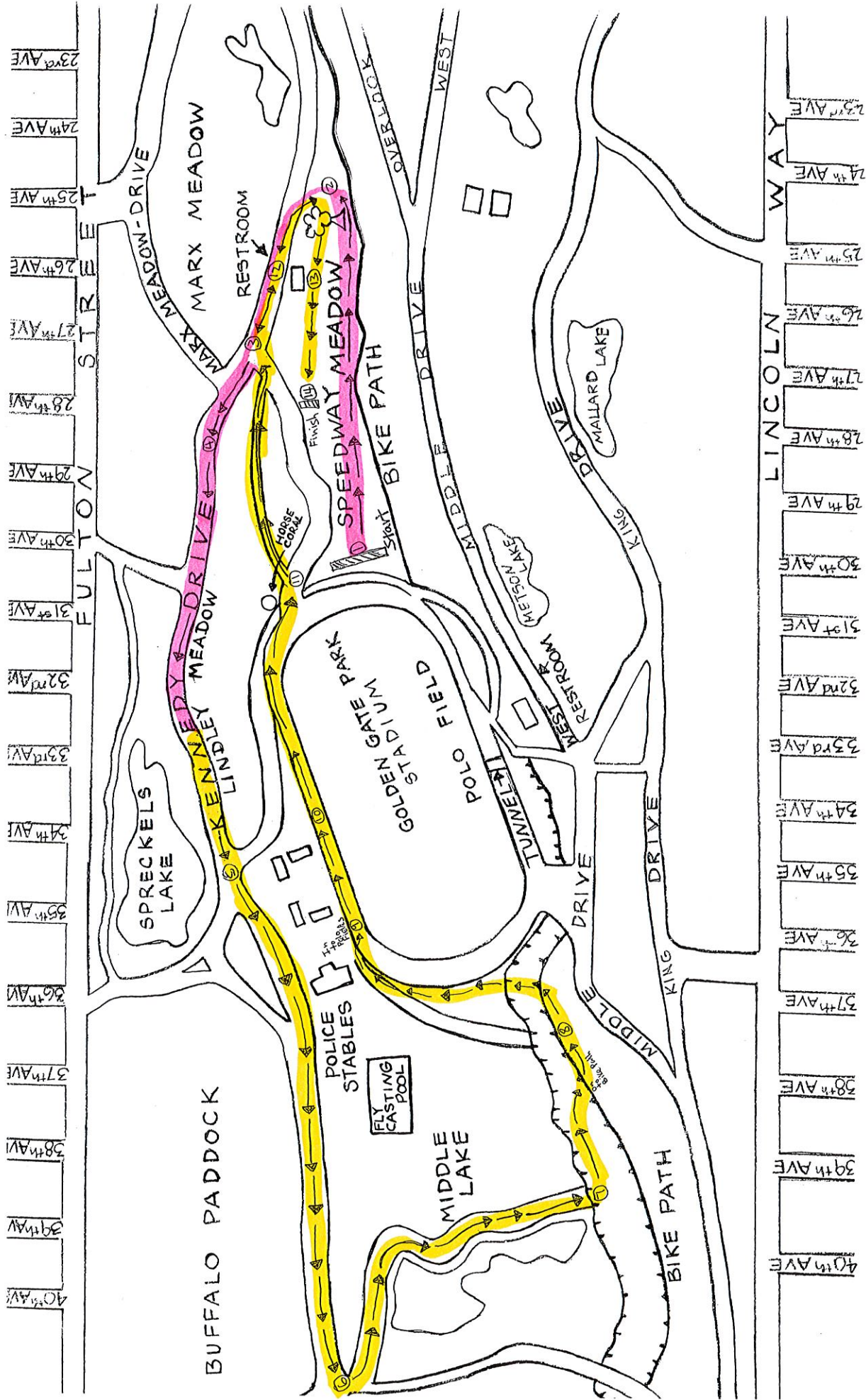
Checks should be made out to "**Lowell High School Track Team**".

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

Abraham Lincoln - S.F.	Encinal	Menlo	Sacred Heart Prep
Acalanes	Fremont-Sunnyvale	Menlo Atherton	San Mateo
Alameda	Galileo	Merced	Sequoia
Albany	Geo.Washington-S.F.	Mercy-Burlingame	SF University
Antioch	Granada	Mills	Sir Francis Drake
Aragon	Half Moon Bay	Mission Viejo	Sonoma Academy
Arcadia	Harker	Montgomery	Sonoma Valley
Archbishop Riordan	Healdsburg	Mountain View	Summit Shasta
Bay School	Henry M. Gunn	Newark Memorial	Tamalpais
Bear Creek	Hillsdale	Notre Dame -San Jose	Terra Linda
Bellarmino	Hilmar	Nueva	Terra Nova
Branham	Hughson	Oakmont	Tokay
Carlmont	James Lick	Pacific Bay Christian	Ukiah
Christian Brothers	Jefferson	Palo Alto	Urban
Clovis North	Joseph A. Gregori	Phillip & Sala Burton	Vanguard Prep
College Park	Junipero Serra	Piedmont	Watsonville
Convent/Stuart Hall	Las Lomas	Piner	West Campus
Crystal Springs	Lincoln - Stockton	Pinewood	West Torrance
Drew	Los Altos	Presentation	Westmoor
El Camino-SSF	Lowell	Prospect	Woodside
El Dorado	Marin Catholic	S.H. Cathedral	Woodside Priory

Thank you for coming today and have a great time!

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

LOWELL HIGH SCHOOL



Lowell Invitational

1101 Eucalyptus Drive
San Francisco, CA 94132
Phone: 415-759-2730
August 1, 2019

Dear Cross Country Coaches:

The 47th annual San Francisco Cross Country Invitational Meet will be held on Saturday, September 7, 2019 at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 41st 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 Hellman Hollow (aka Speedway Meadow).** The distance is approximately 2.93 miles for Varsity & Non-Varsity races and 2.13 miles for Frosh/Soph races. Much 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: ****NEW FOR 2019**** We will use athletic.net to collect entries. Every school that has been invited to attend must follow these instructions:

- Go to www.athletic.net to enter names and submit entries. Instructions on how to submit names are enclosed. Designate your names to a division but know that my goal is to collecting names from schools with gender and grade levels. 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. **Deadline to submit will be 6:30 PM on Monday September 2.** 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. **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 6.

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
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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 allowed to run. A late fee of \$25 will be charged if payment is not received by September 20. 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 23. If permission is granted, the generator must sit on ply wood.

Sincerely,

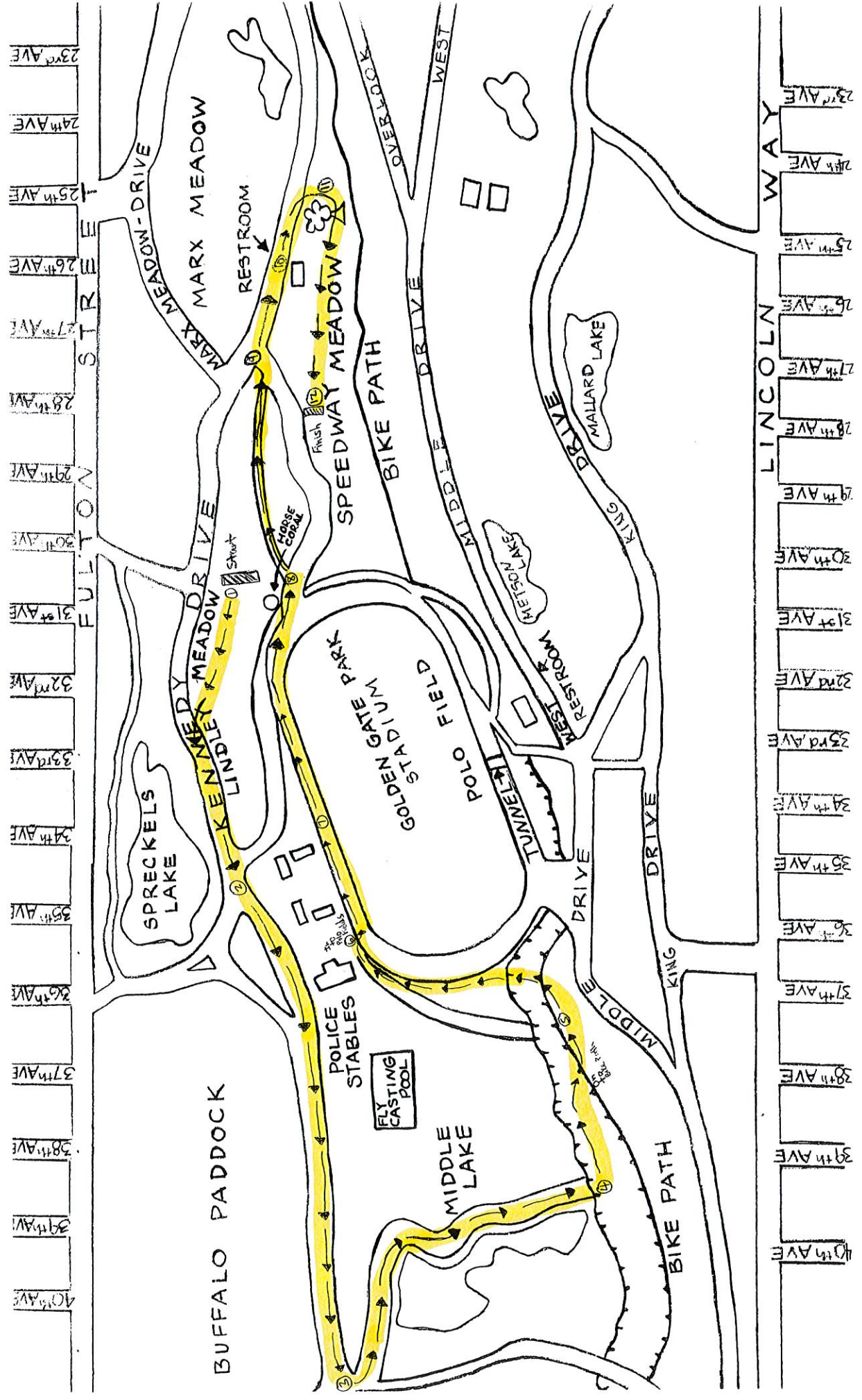
Andy Leong

Andy Leong
Cross Country & Track Coach/Meet Director

Hellman Hollow Posting and Parking Map

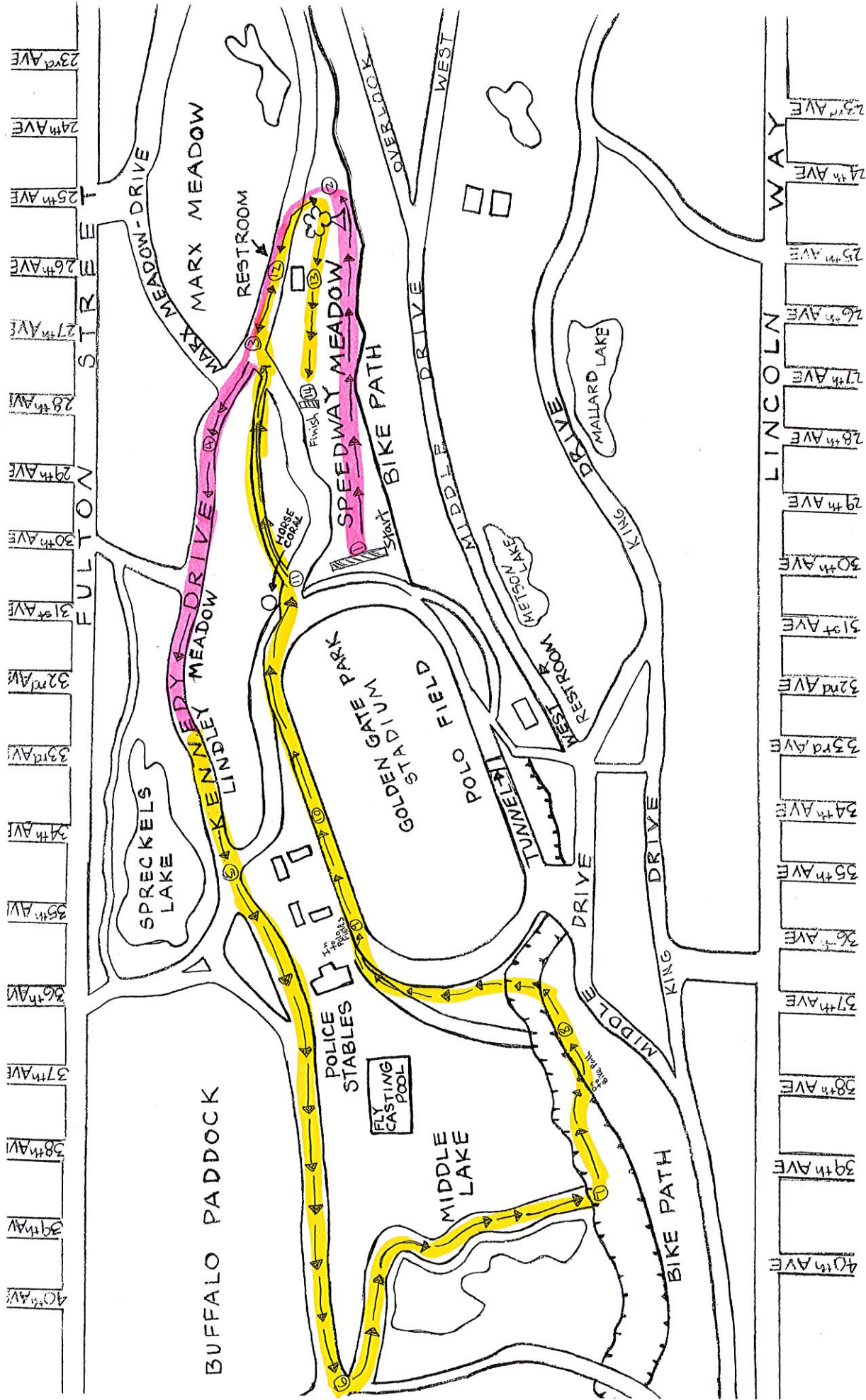


LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE



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

San Francisco/Lowell Invitational Online Entry Instructions

(#157721)

Date	9/7/2019	Host	Lowell
Location	Hellman Hollow (aka Speedway Meadow) 851 John F Kennedy Drive, San Francisco 94121	Director	Andy Leong
First Race		Email	coachaleong@hotmail.com
		Phone	(415) 640-6737

Athlete Registration will be locked on 9/5/2019 at 6:30 PM (local time)

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to the website: www.athletic.net
- Click on 'Log In' in the upper right hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to the Events page
- Start typing **San Francisco/Lowell Invitational** into the Search Box
- Expand the meet card, and find the button to add this meet to your teams calendar
- Repeat this process for the rest of your season calendar (*You can also find meets by date and location*)
- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for San Francisco/Lowell Invitational

- Locate **San Francisco/Lowell Invitational** on your team's main Cross Country page and click on it
- Click "**Register Athletes**"
- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).
- Use the "Add an athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

2019 RunnerSpace.com
2019 Athletic.net - All rights reserved