

Today we are using **DISPOSABLE BIB CHIPS**.

They do NOT need to be returned.

Hand out according to their **assigned number on your roster**.

**Dispose of unused bibs**. Do not bring or use at another meet.

Pins in each of the **4 corners**.

Bibs to be worn on the **front of singlet**.

Instruct Athletes **NOT** to:

- Remove chip
- Bend chip
- Pierce chip with a pin
- Crumple Bib number

Doing ANY of the above may cause an athlete to be missed in the results

# 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 9, 2023

SUBJECT: Race Day Instructions

Welcome to the 50th San Francisco Cross Country Invitational Meet. This year marks the 43rd 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 bib number, bib instructions, bibs and pins, 2.03 mile course maps (F/S) and 2.78 mile course maps.
- 2) Your runners will be recorded in the race that they finish in. If you have a runner that does not have a bib, fill out a name change form for a bib of a runner that is not running today. Do this ASAP.
- 3) Runners are asked to leave the finish line area as soon as possible. **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 <https://rt.trackscoreboard.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 your runners to watch for bikes and horses on all paths.
- 8) A Varsity team must be entered before you can enter a Non-Varsity team. If you have a special situation, speak to Meet Director Andy Leong before the Non-Varsity 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
Non V Boys 1	11:30 AM	2	9
Non V Boys 2	11:55 AM	2	9
Non 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 picked up 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 \$25.00.

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 \$15.00 per name. Each school will also be charged a \$25.00 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	\$370.00
31 – 40	\$385.00
41 – 50	\$400.00
51 – 60	\$415.00
61 – 70	\$430.00
71 – 80	\$445.00
81 – 90	\$460.00
91 – 100	\$475.00
101 – 110	\$490.00
111 – 120	\$505.00
121+	\$520.00

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

**On top of your entry fees above, teams traveling by bus and wishing to park near the meet, must pay \$10/per bus to park in the lot on the Great Highway. Busses will not be allowed to park in Golden Gate Park.**

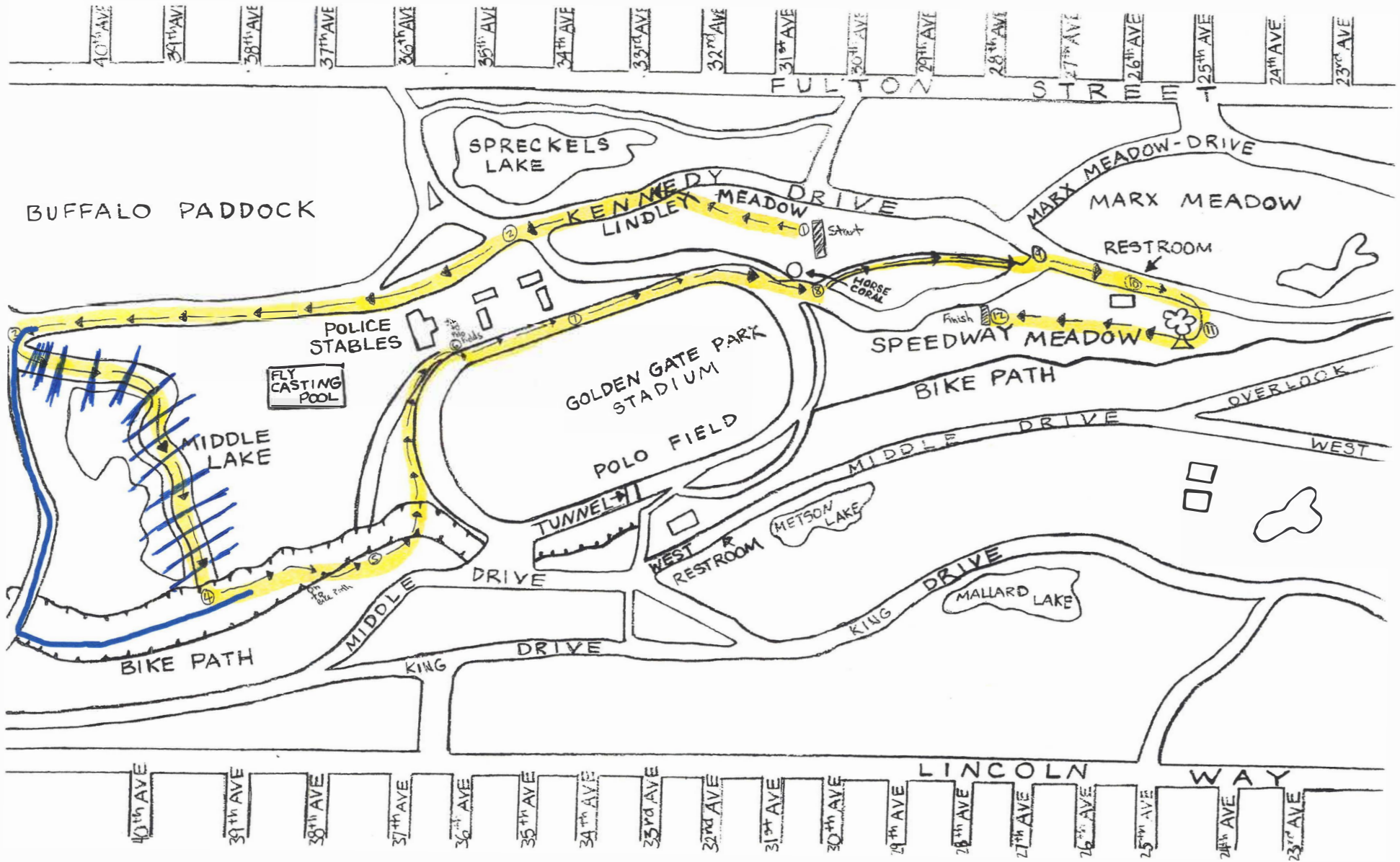
The following schools have entered and are expected to participate in today's meet:

Albany	Firebaugh	Menlo Atherton	SF University
American	Galileo	Mills	San Leandro
Antioch	Granada	Monte Vista	San Ramon Valley
Aragon	Granite Bay	Montgomery	Santa Teresa
Archbishop Riordan	Gunn, Henry M.	Mountain View	Saratoga
Archie Willams	Half Moon Bay	Monterey Trail	Sequoia
Bay School	Healdsburg	Northgate	Sonoma Academy
Bellarmino	Hillsdale	Notre Dame-Belmont	Sonoma Valley
Burton, Phillip & Sala	Junipero Serra	Notre Dame-San Jose	Summit Shasta
Carlmont	Kennedy, John F.	Novato	Tamalpais
Castilleja	Kipp San Jose	The Nueva School	Terra Linda
Clovis North	Las Lomas	Oakland Tech	Terra Nova
Convent/Stuart Hall	Latino College Prep	Oakmont	Tokay
Crystal Springs	Lincoln-Stockton	Oceana	Ukiah
Drew	Livermore	Palo Alto	Urban
Eastside Prep	Los Altos	Piner	Washington, Geo.-S.F.
El Camino-SSF	Los Gatos	Pioneer	Watsonville
El Cerrito	Lowell	Redwood	Westmont
El Dorado	Marin Catholic	S.H. Cathedral	Westmoor
Encinal	McClatchy	Sacred Heart Prep	Wood, Will C.
Evergreen Valley	Menlo School	San Domenico	Woodcreek
			Woodside

Thank you for coming today and have a great time!

FOR 2023 MEET

# LOWELL INVITATIONAL FROSH-SOPH 2.03 mi. COURSE



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







**FOR MORNING DROP OFF:  
Enter park at 36<sup>th</sup> or 30<sup>th</sup> Ave**

**Drop off &  
pick up here**

**After drop off, head west  
towards Transverse Drive.**

**Head west on JFK Dr towards  
Hellman Hollow for pick up**

**STAGING AREA for busses  
at Ocean Beach parking lot**

**FOR PICK UP:  
Enter park at Chain of Lakes Dr**



<b>Frosh Boys 1</b>		<b>Frosh Boys 2</b>		<b>F/S Girls 1</b>		<b>F/S Girls 2</b>	
Mills	19	Bellarmine	62	Redwood	35	Los Altos	26
Convent/Stuart Hall	15	Mountain View	22	Palo Alto	25	Mountain View	24
Archbishop Riordan	14	Lincoln-Stockton	16	SF University	17	Gunn, Henry M.	18
Urban	14	Los Altos	15	Crystal Springs	14	Granite Bay	17
Aragon	13	Granada	13	Kipp San Jose	12	Granada	16
SF University	13	Gunn, Henry M.	12	Marin Catholic	12	Lincoln-Stockton	16
Crystal Springs	12	Granite Bay	11	Notre Dame-San Jose	10	Castilleja	14
El Camino-SSF	11	Monte Vista	11	McClatchy	10	S.H. Cathedral	10
Redwood	11	Sequoia	11	Aragon	9	Las Lomas	9
Evergreen Valley	10	Palo Alto	10	Lowell	9	Archbishop Riordan	8
Junipero Serra	10	Las Lomas	9	Hillsdale	8	Menlo Atherton	8
Tamalpais	10	Albany	9	Notre Dame-Belmont	8	Evergreen Valley	7
Terra Linda	10	Monterey Trail	7	Mills	7	Sequoia	7
S.H. Cathedral	9	Woodside	7	The Nueva School	7	Archie Willams	6
Washington, Geo.-S.F.	9	Westmont	6	Bay School	6	Half Moon Bay	6
Lowell	8	Tokay	5	Monte Vista	6	Terra Linda	6
Menlo Atherton	8	Los Gatos	5	Carlmont	5	Eastside Prep	5
The Nueva School	7	San Domenico	5	El Camino-SSF	5	Firebaugh	5
Half Moon Bay	6	Galileo	4	Galileo	5	Piner	5
Hillsdale	6	Novato	4	Tamalpais	5	Terra Nova	5
Pioneer	6	Eastside Prep	3	Urban	5	Washington, Geo.-S.F.	5
Terra Nova	6	Marin Catholic	3	Clovis North	4	Convent/Stuart Hall	4
Bay School	5	Firebaugh	2	Oakmont	4	Tokay	4
Livermore	5	Healdsburg	2	Westmoor	4	Livermore	3
Menlo School	5	American	2	Menlo School	3	Monterey Trail	3
Santa Teresa	5	Latino College Prep	2	Pioneer	3	Antioch	2
Archie Willams	3	Antioch	1	Healdsburg	2	Santa Teresa	2
Kipp San Jose	3			Wood, Will C.	2	Drew	1
Piner	3			El Dorado	1	Novato	1
Drew	2			San Domenico	1	Summit Shasta	1
Westmoor	2						
	260		259		244		244
<b>Soph Boys 1</b>		<b>Soph Boys 2</b>		<b>NV Boys 1</b>		<b>NV Boys 2</b>	
Mountain View	22	Bellarmine	47	Bellarmine	62	Los Altos	37
Albany	19	Granada	17	S.H. Cathedral	20	Evergreen Valley	25
Mills	19	Convent/Stuart Hall	16	Granada	17	Menlo Atherton	18
Palo Alto	17	McClatchy	14	Ukiah	16	Junipero Serra	17
Los Altos	15	Hillsdale	12	Las Lomas	15	Tamalpais	16
Oakmont	12	Washington, Geo.-S.F.	12	Washington, Geo.-S.F.	13	Lincoln-Stockton	14
Redwood	11	Aragon	10	Archie Willams	12	Albany	13
Menlo School	10	Menlo Atherton	10	Sonoma Academy	12	Oakmont	12
Junipero Serra	9	Kipp San Jose	9	Aragon	11	Woodcreek	12
Bay School	8	Eastside Prep	8	Piner	11	Archbishop Riordan	11
Granite Bay	8	Lincoln-Stockton	8	Novato	9	Lowell	10
SF University	8	Gunn, Henry M.	7	Sacred Heart Prep	9	Palo Alto	9
Healdsburg	7	Los Gatos	7	Crystal Springs	8	SF University	9
Terra Linda	7	Archbishop Riordan	6	Granite Bay	8	Encinal	8
El Camino-SSF	6	El Dorado	6	Hillsdale	7	McClatchy	8
Las Lomas	6	Santa Teresa	6	Monte Vista	7	Marin Catholic	7
Lowell	6	Sequoia	6	San Ramon Valley	7	Mountain View	7
Terra Nova	6	Westmoor	6	Carlmont	6	Watsonville	7
Wood, Will C.	6	Woodside	6	Half Moon Bay	6	Firebaugh	6
American	5	Archie Willams	5	Westmoor	6	Mills	6
El Cerrito	5	Pioneer	5	Redwood	5	Antioch	5
Tamalpais	5	The Nueva School	5	El Camino-SSF	4	Sequoia	5
Woodcreek	5	Marin Catholic	4	Convent/Stuart Hall	3	Galileo	4
Galileo	4	Novato	2	Menlo School	3	Healdsburg	3
Crystal Springs	4	San Domenico	2	Eastside Prep	2	Monterey Trail	3
Clovis North	3	Westmont	2	Burton, Phillip & Sala	1	San Domenico	3
Tokay	3					Westmont	3
Drew	2					Pioneer	2
	238		238		280		280



