Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2	
Bellarmine	40	Piedmont Hills	27	S.H. Cathedral	21	Redwood	19
Palo Alto	21	Mountain View	25	Los Altos	20	Las Lomas	17
Convent/Stuart Hall	18	Los Altos	22	Mountain View	17	Lowell	15
Pitman (John H.)	16	Terra Nova	18	Granite Bay	14	Menlo Atherton	13
Crystal Springs	13	SF University	15	SF University	14	Piedmont Hills	12
Menlo School	13	Aragon	14	Palo Alto	13	Hillsdale	11
Archbishop Riordan	11	Tamalpais	13	Tamalpais	13	Mills	11
Granada	11	Menlo Atherton	13	Granada	11	Pitman (John H.)	11
Redwood	11	Junipero Serra	12	Carlmont	10	Archbishop Riordan	8
Sequoia	9	Urban	10	Crystal Springs	8	Notre Dame-San Jose	8
The Nueva School	9	-	-		-		-
Archie Willams	-	Granite Bay	9	Gunn, Henry M.	8	Aragon	7
	8	Analy	8	Bay School	7	Convent/Stuart Hall	7
Woodside	8	Carlmont	8	McClatchy	7	Notre Dame-Belmont	7
Bay School	7	Healdsburg	7	Monte Vista	6	Castilleja	6
Livermore	7	Hillsdale	7	The Nueva School	6	Lincoln, Abraham	6
Monte Vista	7	McClatchy	7	Washington, GeoS.F.	6	Oakmont	6
Las Lomas	6	S.H. Cathedral	7	Analy	5	San Marin	6
San Domenico	6	Lowell	6	Terra Nova	5	American	5
Washington, GeoS.F.	6	American	5	Piner	4	Archie Willams	5
Albany	5	Clovis North	4	Half Moon Bay	3	Urban	5
Santa Teresa	5	Lincoln, Abraham	4	Summit Shasta	3	Westmoor	5
Terra Linda	5	Piner	4	Healdsburg	2	Marin Catholic	4
Mills	4	Milpitas	3	Livermore	2	San Domenico	4
Westmoor	4	Monterey Trail	3	Santa Teresa	2	Milpitas	3
Kipp San Jose	2	Gunn, Henry M.	2	Woodside	2	Terra Linda	3
Summit Shasta	2	Marin Catholic	2	Clovis North	1	Kipp San Jose	2
	2			-		Novato	2
San Marin	1	Balboa	1	Oceana	1	Wood, Will C.	2
	255		254		211		210
Soph Boys 1		Soph Boys 2		NV Boys 1		NV Boys 2	
Bellarmine	52	Los Altos	21	Bellarmine	61	Los Altos	35
Mountain View	14	Mills	17	Piedmont Hills	21	Oakland Tech	24
SF University	12	Aragon	14	S.H. Cathedral	20	Mountain View	23
SF University Washington, GeoS.F.	12 12		14 14	S.H. Cathedral Las Lomas	15	Granada	18
SF University	12	Aragon	14 14 14				
SF University Washington, GeoS.F.	12 12	Aragon Oakmont	14 14	Las Lomas	15	Granada	18
SF University Washington, GeoS.F. Crystal Springs	12 12 11	Aragon Oakmont Piedmont Hills	14 14 14	Las Lomas Albany	15 14	Granada Convent/Stuart Hall	18 16
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany	12 12 11 11	Aragon Oakmont Piedmont Hills Terra Linda Granite Bay	14 14 14 13 11	Las Lomas Albany Aragon Sacred Heart Prep	15 14 14 14	Granada Convent/Stuart Hall McClatchy Menlo Atherton	18 16 15
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan	12 12 11 11 10 10	Aragon Oakmont Piedmont Hills Terra Linda Granite Bay Monte Vista	14 14 14 13	Las Lomas Albany Aragon Sacred Heart Prep Redwood	15 14 14 14 14 13	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto	18 16 15 14
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont	12 12 11 11 10 10 9	Aragon Oakmont Piedmont Hills Terra Linda Granite Bay Monte Vista Redwood	14 14 13 11 11 11	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan	15 14 14 14 13 12	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais	18 16 15 14 13 13
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy	12 12 11 11 10 10 9 9	Aragon Oakmont Piedmont Hills Terra Linda Granite Bay Monte Vista Redwood Hillsdale	14 14 13 11 11 11 10	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont	15 14 14 14 13 12 12	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose	18 16 15 14 13 12
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado	12 12 11 11 10 10 9 9 9 8	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero Serra	14 14 13 11 11 11 10 10	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson	15 14 14 14 13 12 12 12 10	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner	18 16 15 14 13 12 12
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton	12 12 11 10 10 9 9 8 8 8	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodside	14 14 13 11 11 11 10 10 9	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont	15 14 14 13 12 12 12 10 10	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F.	18 16 15 14 13 12 12 11
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.)	12 12 11 10 10 9 9 8 8 8 8 8	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowell	14 14 13 11 11 11 10 10 9 8	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos	15 14 14 13 12 12 10 10 9	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay	18 16 15 14 13 12 12 11 10
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda	12 12 11 10 10 9 9 8 8 8 8 8 7	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo Alto	14 14 13 11 11 11 10 10 9 8 8 8	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra	15 14 14 13 12 12 10 10 10 9 9	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal	18 16 15 14 13 12 12 11 10 9
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo	12 12 11 10 10 9 9 8 8 8 8 8 7 7 7	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpais	14 14 13 11 11 11 10 10 9 8 8 8 8 8	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams	15 14 14 13 12 12 10 10 10 9 9 8	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia	18 16 15 14 13 12 12 11 10 9 9
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato	12 12 11 10 10 9 9 8 8 8 8 8 7 7 7 7 7	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart Hall	14 14 13 13 11 11 10 10 9 8 8 8 8 8 7	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale	15 14 14 13 12 12 10 10 10 9 9 9 8 8 8	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia Crystal Springs	18 16 15 14 13 12 11 10 9 9 8
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C.	12 12 11 10 9 9 8 8 8 8 8 7 7 7 7 7 7	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranada	14 14 14 13 11 11 10 9 8 8 7 7	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School	15 14 14 13 12 12 10 10 10 9 9 9 8 8 8 8	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia Crystal Springs Marin Catholic	18 16 15 14 13 12 11 10 9 9 8 8
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia	12 12 11 10 9 9 8 8 8 8 8 7 7 7 7 7 7 6	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta Teresa	14 14 14 13 11 11 10 9 8 8 7 7 7 7	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda	15 14 14 13 12 12 10 10 9 9 9 8 8 8 8 8 7	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia Crystal Springs Marin Catholic Monte Vista	18 16 15 14 13 12 11 10 9 9 8 8 8
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova	12 12 11 10 10 9 9 8 8 8 8 8 8 7 7 7 7 7 7 6 6 6	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.	14 14 14 13 11 11 10 9 8 8 7 7 7 6	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham	15 14 14 13 12 12 10 10 10 9 9 9 8 8 8 8 8 8 7 5	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia Crystal Springs Marin Catholic Monte Vista Mills	18 16 15 14 13 12 11 10 9 9 8 8 6
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams	12 12 11 10 9 9 8 8 8 8 8 8 7 7 7 7 7 7 6 6 6 5	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San Jose	14 14 14 13 11 11 10 9 8 8 7 7 6 6	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham Monterey Trail	15 14 14 13 12 12 12 10 10 10 9 9 9 8 8 8 8 8 8 8 7 5 5	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia Crystal Springs Marin Catholic Monte Vista Mills Novato	18 16 15 14 13 12 12 11 10 9 8 8 6 6
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor	12 12 11 10 9 9 8 8 8 8 8 8 7 7 7 7 7 7 6 6 6 5 5 5	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit Shasta	14 14 14 13 11 11 10 9 8 8 7 7 6 6 6 6	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham Monterey Trail Wood, Will C.	15 14 14 13 12 12 10 10 10 9 9 9 8 8 8 8 8 8 8 8 7 5 5 5 5	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia Crystal Springs Marin Catholic Monte Vista Mills Novato Summit Shasta	18 16 15 14 13 13 12 12 12 11 10 9 9 8 8 8 8 6 6 5
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor Bay School	12 12 11 10 9 9 8 8 8 8 8 7 7 7 7 7 7 7 6 6 6 5 5 5 4	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit ShastaAmerican	$ \begin{array}{r} 14 \\ 14 \\ 14 \\ 13 \\ 11 \\ 11 \\ 11 \\ 10 \\ 10 \\ 9 \\ 8 \\ 8 \\ 8 \\ 8 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 6 \\ 6 \\ 6 \\ 5 \\ 5 \end{array} $	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham Monterey Trail Wood, Will C. Clovis North	15 14 14 13 12 12 10 10 10 9 9 9 8 8 8 8 8 8 8 8 8 7 5 5 5 5 4	Granada Convent/Stuart Hall McClatchy Menlo Atherton Palo Alto Tamalpais Kipp San Jose Piner Washington, GeoS.F. Granite Bay Encinal Sequoia Crystal Springs Marin Catholic Monte Vista Mills Novato Summit Shasta Woodside	18 16 15 14 13 13 12 12 11 10 9 9 8 8 8 8 6 6 5 5
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor Bay School Urban	12 12 11 10 9 9 8 8 8 8 8 8 7 7 7 7 7 7 7 6 6 6 5 5 5 4 4	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit ShastaAmericanMonterey Trail	$\begin{array}{c cccc} & 14 \\ & 14 \\ & 14 \\ & 13 \\ & 11 \\ & 11 \\ & 11 \\ & 10 \\ & 10 \\ & 9 \\ & 8 \\ & 8 \\ & 8 \\ & 8 \\ & 8 \\ & 8 \\ & 8 \\ & 8 \\ & 8 \\ & 7 \\ & 7 \\ & 7 \\ & 7 \\ & 7 \\ & 7 \\ & 7 \\ & 7 \\ & 6 \\ & 6 \\ & 6 \\ & 5 \\ & 5 \\ & 5 \\ & 5 \end{array}$	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham Monterey Trail Wood, Will C. Clovis North Lakewood (WA)	15 14 14 13 12 12 10 10 10 9 9 9 8 8 8 8 8 8 8 8 7 5 5 5 5 5 4 4 4	GranadaConvent/Stuart HallMcClatchyMenlo AthertonPalo AltoTamalpaisKipp San JosePinerWashington, GeoS.F.Granite BayEncinalSequoiaCrystal SpringsMarin CatholicMonte VistaMillsNovatoSummit ShastaWoodsideHalf Moon Bay	18 16 15 14 13 13 12 12 12 11 10 9 9 8 8 8 8 6 6 5 5 4
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor Bay School Urban Half Moon Bay	12 12 11 10 9 9 8 8 8 8 8 8 7 7 7 7 7 7 6 6 6 5 5 5 4 4 4 3	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit ShastaAmericanMonterey TrailThe Nueva School	$ \begin{array}{r} 14 \\ 14 \\ 14 \\ 11 \\ 11 \\ 11 \\ 11 \\ 10 \\ 10 \\ 9 \\ 8 \\ 8 \\ 8 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 6 \\ 6 \\ 5 \\ 5 \\ 5 \\ 4 \\ $	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham Monterey Trail Wood, Will C. Clovis North Lakewood (WA) Terra Nova	15 14 14 14 13 12 12 10 9 9 8 7 5 5 5 4 4 4	GranadaConvent/Stuart HallMcClatchyMenlo AthertonPalo AltoTamalpaisKipp San JosePinerWashington, GeoS.F.Granite BayEncinalSequoiaCrystal SpringsMarin CatholicMonte VistaMillsNovatoSummit ShastaWoodsideHalf Moon BaySan Marin	18 16 15 14 13 13 12 12 11 10 9 9 8 8 8 6 6 5 5 4 4
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor Bay School Urban Half Moon Bay Healdsburg	12 12 11 10 9 9 8 8 8 8 8 7 7 7 7 7 7 7 6 6 6 5 5 5 4 4 4 3 2	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit ShastaAmericanMonterey TrailThe Nueva SchoolAnaly	$ \begin{array}{r} 14 \\ 14 \\ 14 \\ 11 \\ 11 \\ 11 \\ 11 \\ 10 \\ 10 \\ 9 \\ 8 \\ 8 \\ 8 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 6 \\ 6 \\ 6 \\ 5 \\ 5 \\ 5 \\ 4 \\ 3 \\ 3 \end{array} $	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont	15 14 14 14 13 12 12 10 9 9 8 7 5 5 5 5 4 4 3	GranadaConvent/Stuart HallMcClatchyMenlo AthertonPalo AltoTamalpaisKipp San JosePinerWashington, GeoS.F.Granite BayEncinalSequoiaCrystal SpringsMarin CatholicMonte VistaMillsNovatoSummit ShastaWoodsideHalf Moon BaySan MarinAmerican	18 16 15 14 13 13 12 12 11 10 9 9 8 8 8 6 6 5 5 4 4 3
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor Bay School Urban Half Moon Bay	12 12 11 10 9 9 8 8 8 8 8 8 7 7 7 7 7 7 6 6 6 5 5 5 4 4 4 3	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit ShastaAmericanMonterey TrailThe Nueva SchoolAnalyMilpitas	$ \begin{array}{r} 14 \\ 14 \\ 14 \\ 11 \\ 11 \\ 11 \\ 11 \\ 10 \\ 10 \\ 9 \\ 8 \\ 8 \\ 8 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 6 \\ 6 \\ 5 \\ 5 \\ 4 \\ 3 \\ 3 \\ 3 \\ 3 \\ 3 \\ 3 3 $	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham Monterey Trail Wood, Will C. Clovis North Lakewood (WA) Terra Nova Analy Milpitas	15 14 14 14 13 12 12 10 9 9 8 7 5 5 5 4 4 4	GranadaConvent/Stuart HallMcClatchyMenlo AthertonPalo AltoTamalpaisKipp San JosePinerWashington, GeoS.F.Granite BayEncinalSequoiaCrystal SpringsMarin CatholicMonte VistaMillsNovatoSummit ShastaWoodsideHalf Moon BaySan MarinAmericanLowell	18 16 15 14 13 13 12 12 11 10 9 9 8 8 8 6 6 5 5 4 4
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor Bay School Urban Half Moon Bay Healdsburg	12 12 11 10 9 9 8 8 8 8 8 7 7 7 7 7 7 7 6 6 6 5 5 5 4 4 4 3 2	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit ShastaAmericanMonterey TrailThe Nueva SchoolAnaly	$ \begin{array}{r} 14 \\ 14 \\ 14 \\ 11 \\ 11 \\ 11 \\ 11 \\ 10 \\ 10 \\ 9 \\ 8 \\ 8 \\ 8 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 6 \\ 6 \\ 6 \\ 5 \\ 5 \\ 5 \\ 4 \\ 3 \\ 3 \end{array} $	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont	15 14 14 14 13 12 12 10 9 9 8 7 5 5 5 5 4 4 3	GranadaConvent/Stuart HallMcClatchyMenlo AthertonPalo AltoTamalpaisKipp San JosePinerWashington, GeoS.F.Granite BayEncinalSequoiaCrystal SpringsMarin CatholicMonte VistaMillsNovatoSummit ShastaWoodsideHalf Moon BaySan MarinAmerican	18 16 15 14 13 13 12 12 11 10 9 9 8 8 8 6 6 5 5 4 4 3
SF University Washington, GeoS.F. Crystal Springs Las Lomas Albany Archbishop Riordan Carlmont McClatchy El Dorado Menlo Atherton Pitman (John H.) Alameda Galileo Novato Wood, Will C. Sequoia Terra Nova Archie Willams Westmoor Bay School Urban Half Moon Bay Healdsburg Oceana	12 12 11 10 9 9 8 8 8 8 8 7 7 7 7 7 7 7 7 6 6 6 5 5 5 4 4 4 3 2 2 2	AragonOakmontPiedmont HillsTerra LindaGranite BayMonte VistaRedwoodHillsdaleJunipero SerraWoodsideLowellPalo AltoTamalpaisConvent/Stuart HallGranadaSanta TeresaGunn, Henry M.Kipp San JoseSummit ShastaAmericanMonterey TrailThe Nueva SchoolAnalyMilpitas	$ \begin{array}{r} 14 \\ 14 \\ 14 \\ 11 \\ 11 \\ 11 \\ 11 \\ 10 \\ 10 \\ 9 \\ 8 \\ 8 \\ 8 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 7 \\ 6 \\ 6 \\ 5 \\ 5 \\ 4 \\ 3 \\ 3 \\ 3 \\ 3 \\ 3 \\ 3 3 $	Las Lomas Albany Aragon Sacred Heart Prep Redwood Archbishop Riordan Oakmont Branson Carlmont Carlmont Cerritos Junipero Serra Archie Willams Hillsdale Menlo School Alameda Lincoln, Abraham Monterey Trail Wood, Will C. Clovis North Lakewood (WA) Terra Nova Analy Milpitas	15 14 14 14 13 12 12 10 10 10 9 9 9 8 8 8 8 8 8 8 8 8 7 5 5 5 5 5 5 5 4 4 4 4 4 3 3	GranadaConvent/Stuart HallMcClatchyMenlo AthertonPalo AltoTamalpaisKipp San JosePinerWashington, GeoS.F.Granite BayEncinalSequoiaCrystal SpringsMarin CatholicMonte VistaMillsNovatoSummit ShastaWoodsideHalf Moon BaySan MarinAmericanLowell	18 16 15 14 13 13 12 12 12 11 10 9 9 8 8 8 6 6 5 5 4 4 3 2
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NV Girls		Var Girls 1		Var Girls 2		Var Boys 1	
Redwood	24	Branson	7	Analy	7	Bellarmine	7
Los Altos	17	Encinal	7	Clovis North	7	Convent/Stuart Hall	7
Palo Alto	16	Lowell	7	Granada	7	El Dorado	7
Marin Catholic	15	Marin Catholic	7	Granite Bay	7	Galileo	7
Notre Dame-San Jose	15	Menlo School	7	Los Altos	7	Alameda	7
Albany	14	Mills	7	McClatchy	7	Aragon	7
Kipp San Jose	14	Monte Vista	7	Menlo Atherton	7	Branson	7
Sequoia	12	Notre Dame-Belmont	7	Montgomery	7	Healdsburg	7
Granada	11	Notre Dame-San Jose	7	Mountain View	7	Junipero Serra	7
Las Lomas	11	Oakland Tech	7	Northgate	7	Marin Catholic	7
Carlmont	9	Oakmont	7	Palo Alto	7	Mills	7
Aragon	8	Piedmont Hills	7	S.H. Cathedral	7	Milpitas	7
McClatchy	8	The Nueva School	6	Tamalpais	7	Monte Vista	7
Mountain View	8	Wood, Will C.	6	Redwood	7	Montgomery	7
Piner	8	Archbishop Riordan	5	San Domenico	7	Oakland Tech	7
Tamalpais	8	Alameda	6	Aragon	6	Cerritos	7
Washington, GeoS.F.	8	Hillsdale	6	Galileo	6	Saratoga	7
Monte Vista	7	Piner	6	Gunn, Henry M.	6	The Nueva School	7
Piedmont Hills	7	Pitman (John H.)	6	Saratoga	6	Wood, Will C.	7
S.H. Cathedral	7	Archie Willams	5	Castilleja	5	Woodside	7
Oakland Tech	6	Healdsburg	5	Santa Teresa	5	Lakewood (WA)	7
Sacred Heart Prep	6	Terra Linda	5	Urban	5	Lowell	6
Crystal Springs	5	Watsonville	5	Woodside	5	Encinal	6
Granite Bay	5	El Dorado	4	Sacred Heart Prep	4	Hillsdale	6
Alameda	4	Bay School	3	Cerritos	3	Pitman (John H.)	6
Archbishop Riordan	4	Crystal Springs	3	Convent/Stuart Hall	3	Watsonville	6
Clovis North	4	Las Lomas	3	Sequoia	3	Kennedy, John F.	5
El Dorado	4	Terra Nova	3	Monterey Trail	2	Santa Teresa	5
Oakmont	4	Sonoma Valley	2	Milpitas	1	San Marin	4
Summit Shasta	4	Oceana	1			Las Lomas	3
Terra Linda	4	San Marin	1			Sonoma Valley	3
Branson	3					Oceana	3
Castilleja	3					Crystal Springs	1
Half Moon Bay	3					Terra Linda	1
Menlo School	3					Kipp San Jose	1
San Marin	3					••	
Woodside	3						
Gunn, Henry M.	2						
Hillsdale	2						
Lakewood (WA)	2						
Menlo Atherton	2						
Westmoor	2						
Analy	1						
Bay School	1		165		165		203
Kennedy, John F.	1						
Novato	1						
The Nueva School	1						
	310						
Var Boys 2							
Bellarmine		7 Terra Nova	7				
Clovis North		7 Westmoor	7				
Granada		7 Sacred Heart Prep	7				
Granite Bay		7 Redwood	7				
Los Altos		7 Analy	6				
McClatchy		7 Archbishop Riordan	6				
Menlo Atherton		7 Archie Willams	6				
Menlo School		7 Gunn, Henry M.	6				
Mountain View		7 Monterey Trail	6				
Palo Alto		7 Sequoia	6				
S.H. Cathedral		7 Bay School	5				
Tamalpais		7 Livermore	5	1			
Northgate		7 American	4				
Oakmont		7 Urban	4				
Piedmont Hills		7 Balboa	2				
Piner		7					
San Domenico		7					
			203				

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

Results at: RTLive.us

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, 2024

SUBJECT: Race Day Instructions

Welcome to the 51st San Francisco Cross Country Invitational Meet. This year marks the 44th 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 <u>No</u> <u>Smoking</u> 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:

Number of Names	<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

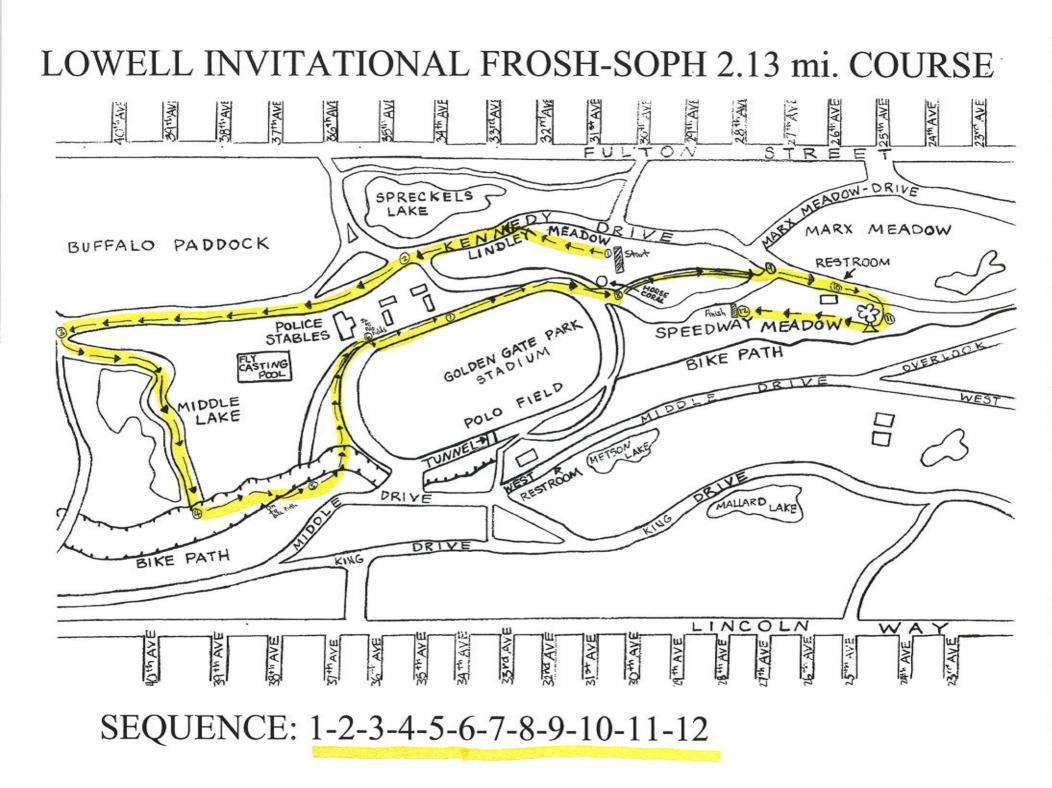
Checks should be made out to "Lowell High School Track Team".

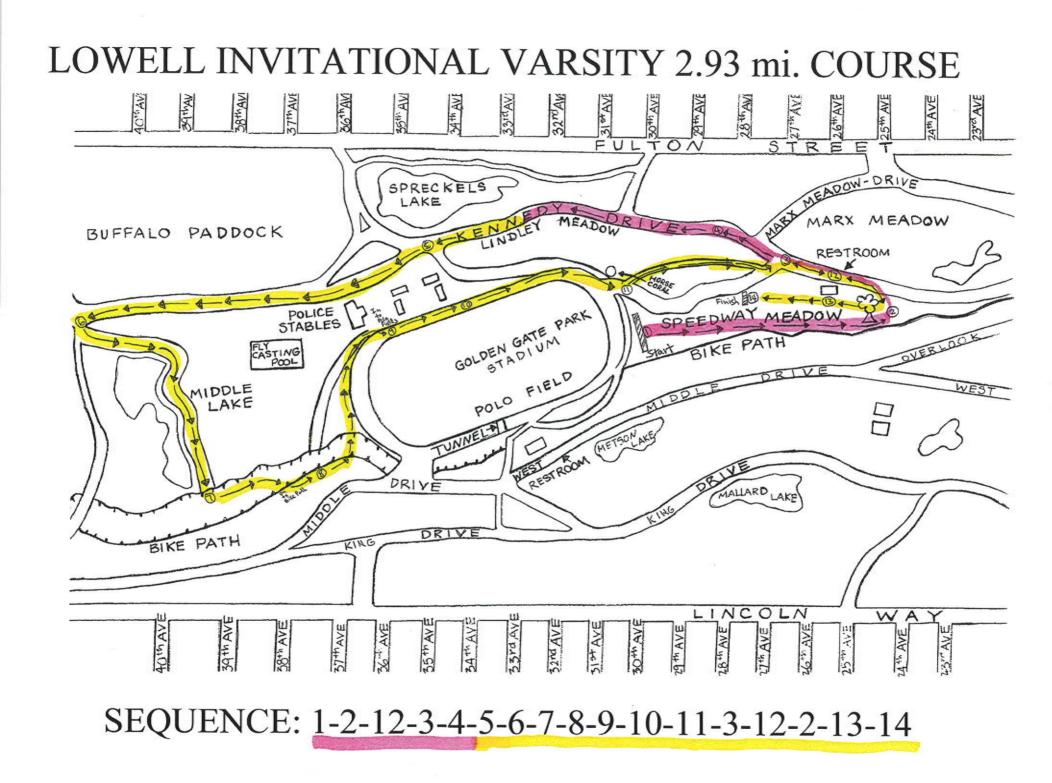
On top of your entry fees above, teams traveling by bus and wishing to park near the meet, must pay \$10/per bus to park in the lot on the Great Highway. Busses will not be allowed to park in Golden Gate Park.

Alameda	Galileo	Menlo School	S.H. Cathedral
Albany	Granada	Mills	Sacred Heart Prep
American	Granite Bay	Milpitas	San Domenico
Analy	Gunn, Henry M.	Monte Vista	San Marin
Aragon	Half Moon Bay	Monterey Trail	Santa Teresa
Archbishop Riordan	Healdsburg	Montgomery	Saratoga
Archie Willams	Hillsdale	Mountain View	Sequoia
Balboa	Junipero Serra	Northgate	SF University
Bay School	Kennedy, John F.	Notre Dame-Belmont	Sonoma Valley
Bellarmine	Kipp San Jose	Notre Dame-San Jose	Summit Shasta
Branson	Lakewood (WA)	Novato	Tamalpais
Carlmont	Las Lomas	Oakland Tech	Terra Linda
Castilleja	Lincoln, Abraham	Oakmont	Terra Nova
Cerritos	Livermore	Oceana	The Nueva School
Clovis North	Los Altos	Palo Alto	Urban
Convent/Stuart Hall	Lowell	Piedmont Hills	Washington, GeoS.F.
Crystal Springs	Marin Catholic	Piner	Watsonville
El Dorado	McClatchy	Pitman (John H.)	Westmoor
Encinal	Menlo Atherton	Redwood	Wood, Will C.
			Woodside

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

Thank you for coming today and have a great time!







LOWELL HIGH SCHOOL



Invitational

1101 Eucalyptus Drive San Francisco, CA 94132 Phone: 415-759-2730 August 1, 2024

Dear Cross Country Coaches:

The 51st San Francisco Cross Country Invitational Meet will be held on Saturday, September 7, 2024, at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 46th 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 2.78 miles for Varsity & Non-Varsity races and 2.03 miles for Frosh/Soph races. Most 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.

We will use **MileSplitCA** to collect entries. Every school that has responded to one of the two July emails will be added to the meet site on **MileSplitCA** by August 2.

If you did not respond to the July email, contact Meet Director Andy Leong at "coachaleong@hotmail.com" with the following information: 1) Name of school. 2) Day/Night **2**#. 3) Tentative number of runners per division that you think you will have. I will determine if I can fit your school into the meet in approximately 24 hours after receipt of your email.

Go to <u>https://ca.milesplit.com</u> 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 collect names from schools with gender and grade levels. Should a runner you put into one division need to change to another division, you can do this without seeing the computer operator as the runner will be recorded as he/she crosses the finish line. **The deadline to submit will be 1:00 PM on Sunday September 1, 2024.** 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 nonwinning teams with no more than seven individual medals going to members of the same team. **Please note that the Non-Varsity Boys will be <u>before</u> the Non-Varsity Girls race.** There are no changing 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 \$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:

Number of Names	<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. Buses will not be allowed to park in Golden Gate Park.

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 \$45 will be charged if payment is not received by September 24. If you have questions, please e-mail me at coachaleong@hotmail.com.

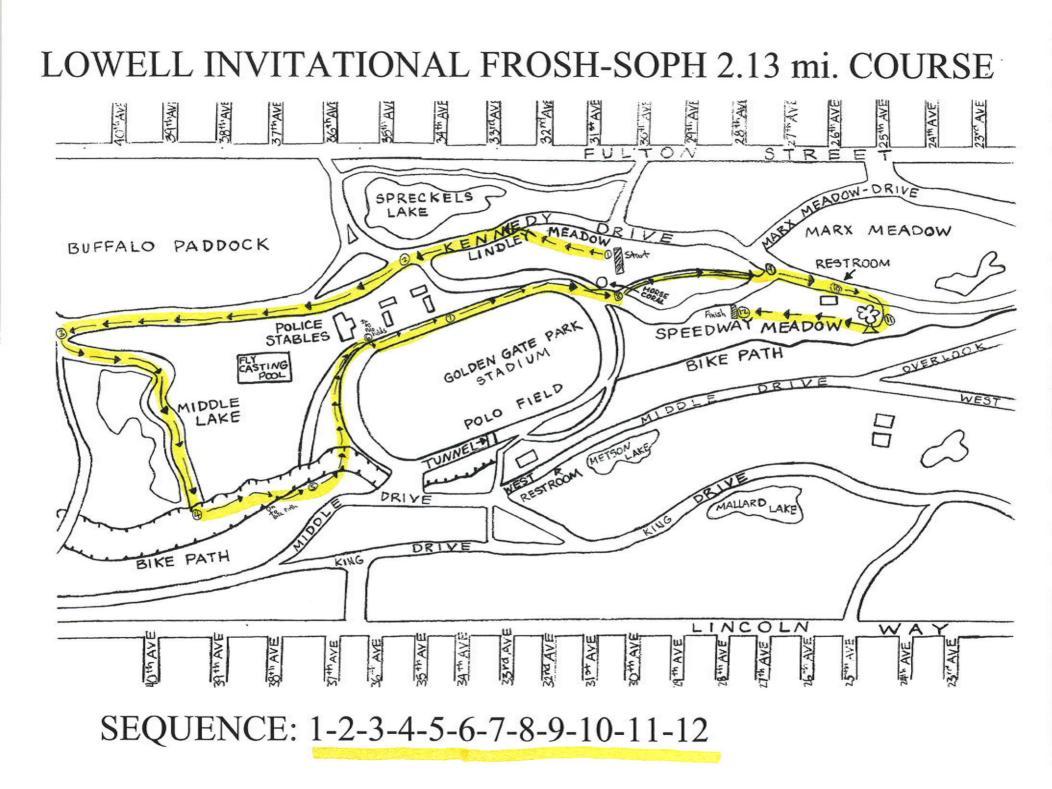
ON MEET DAY

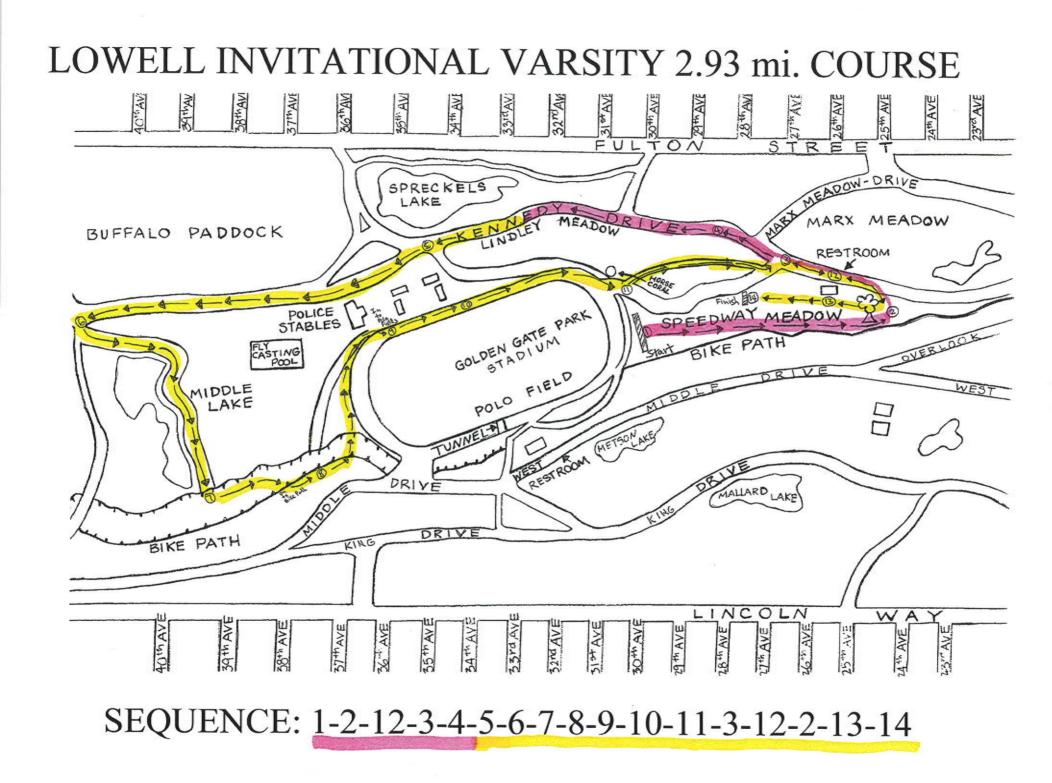
- Please obey all traffic rules. Park rangers will be on site and will be enforcing all traffic laws.
- A drop off zone will be created on Kennedy Drive between the opening of Marx Meadow and Hellman Hallow (Speedway Meadow). There will be no parking in this area.
- Bus parking will be available on the Great Highway at the west end of the park. A map is part of the file that was sent to each coach. There will be a \$10/charge per bus.
- Absolutely <u>no vehicles</u> 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 BBQs that require charcoal; only propane.
- Permission must be requested from the meet director if you wish to use a generator before August 15. We will request permission with Rec & Park. If permission is granted, the generator must sit on plywood.

Sincerely,

Andy Leong

Andy Leong Cross Country & Track Coach/Meet Director







MileSplit/Record Timing Onboarding Quick Start Guide

In 2021, MileSplit will be the exclusive registration platform for Record Timing for all regular season qualifying meets and postseason meets. Onboarding onto MileSplit can be easily accomplished in three quick and easy steps. Claiming your team, updating your roster, and then entering into meets!

Claiming Team

- 1. If you do not already have an account, create a free one at <u>https://ca.milesplit.com/register</u>
- 2. Once your account is created go to <u>https://ca.milesplit.com/teams</u>
- 3. Find your team on the list, click on it, and click the claim team button.

Helpful Article/Video: https://support.milesplit.com/en/a/how-do-i-claim-my-team

Updating Your Roster

Update your roster to reflect this year's list of athletes. I.e. Update grad years so that athletes have graduated are removed from your active roster, change their status to inactive if they quit the team, moved away, etc.

Article/Video: https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster

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Entering a Meet

Once you have claimed your team and made sure your roster is up to date, you are

ready to register your team for meets! The walkthrough guide below will take you

through the process step-by-step.

Article/Video: https://support.milesplit.com/en/a/how-do-i-enter-my-team-in-a-meet

***If you need any further assistance, please contact registration@milesplit.Com.

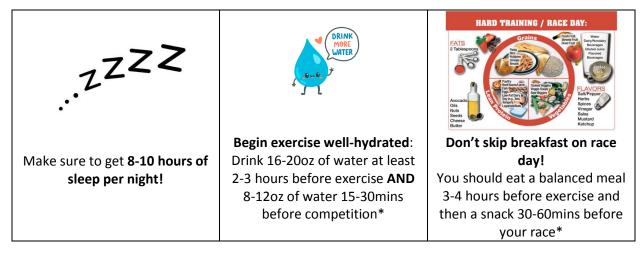


(TITLE/HEADER): OPTIMIZING PERFORMANCE AT THE LOWELL INVITATIONAL

Hello Coaches and Runners of the 2024 Lowell Invitational!

This is a fun meet to kick off cross country season but please make sure you prepare appropriately for your race so that you perform your best!

This means adequate **sleep**, **hydration**, **and nutrition** in the week leading up to the event and especially on the morning of the race. The UCSF PlaySafe Program medical team recommends the following:



Following these guidelines will help you to perform your best!

*for more information, visit the United States Olympic and Paralympic Committee free downloadable resources on nutrition and hydration: https://www.usopc.org/nutrition

Good luck on race day, -UCSF PlaySafe Program and Lowell Athletic Training Staff