

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, Geo.-S.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				
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

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 **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**".

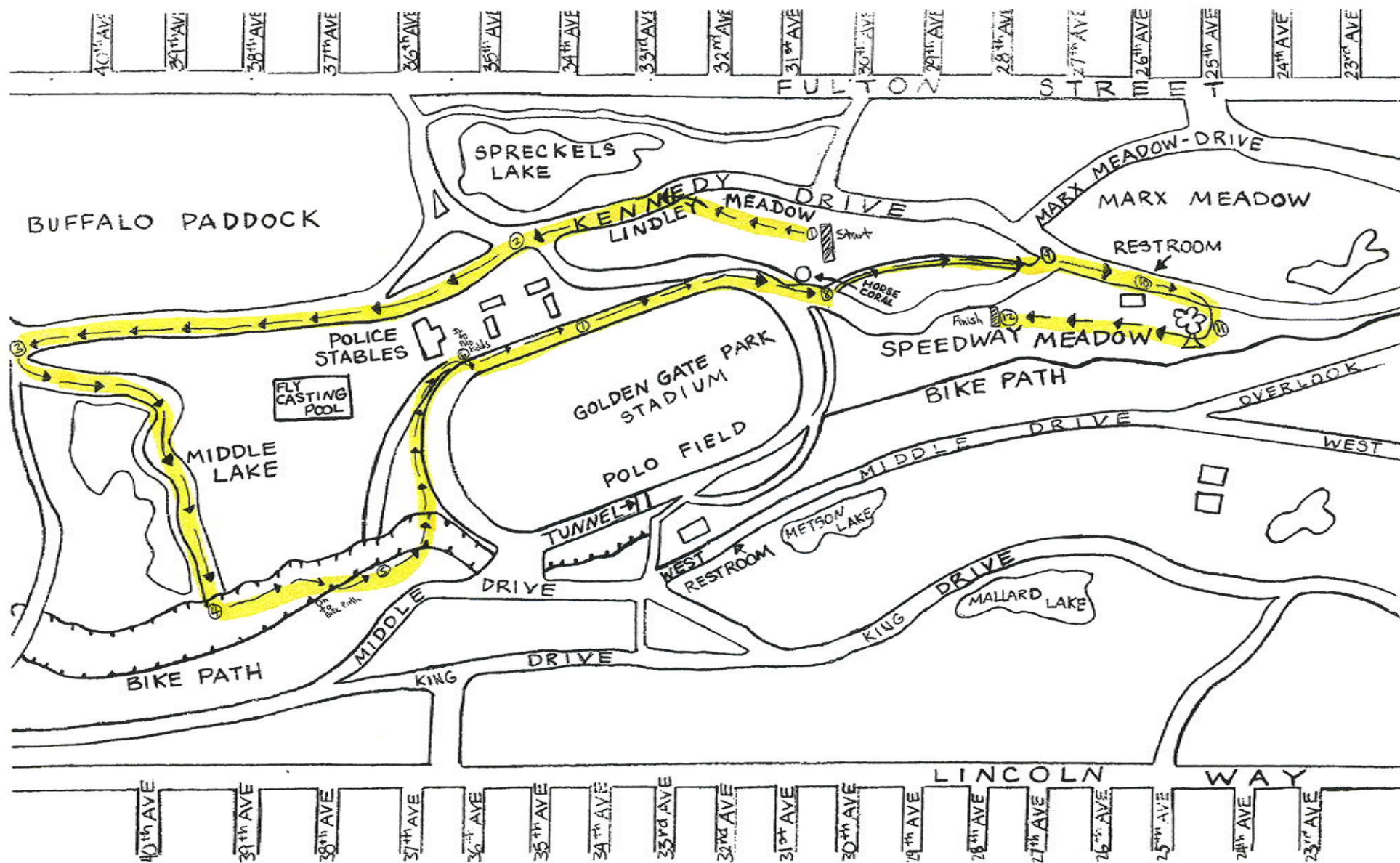
On top of your entry fees above, teams traveling by bus and wishing to park near the meet, must pay \$10/per bus to park in the lot on the Great Highway. Busses will not be allowed to park in Golden Gate Park.

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

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
Bellarmino	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, Geo.-S.F.
Crystal Springs	Marin Catholic	Piner	Watsonville
El Dorado	McClatchy	Pitman (John H.)	Westmoor
Encinal	Menlo Atherton	Redwood	Wood, Will C.
			Woodside

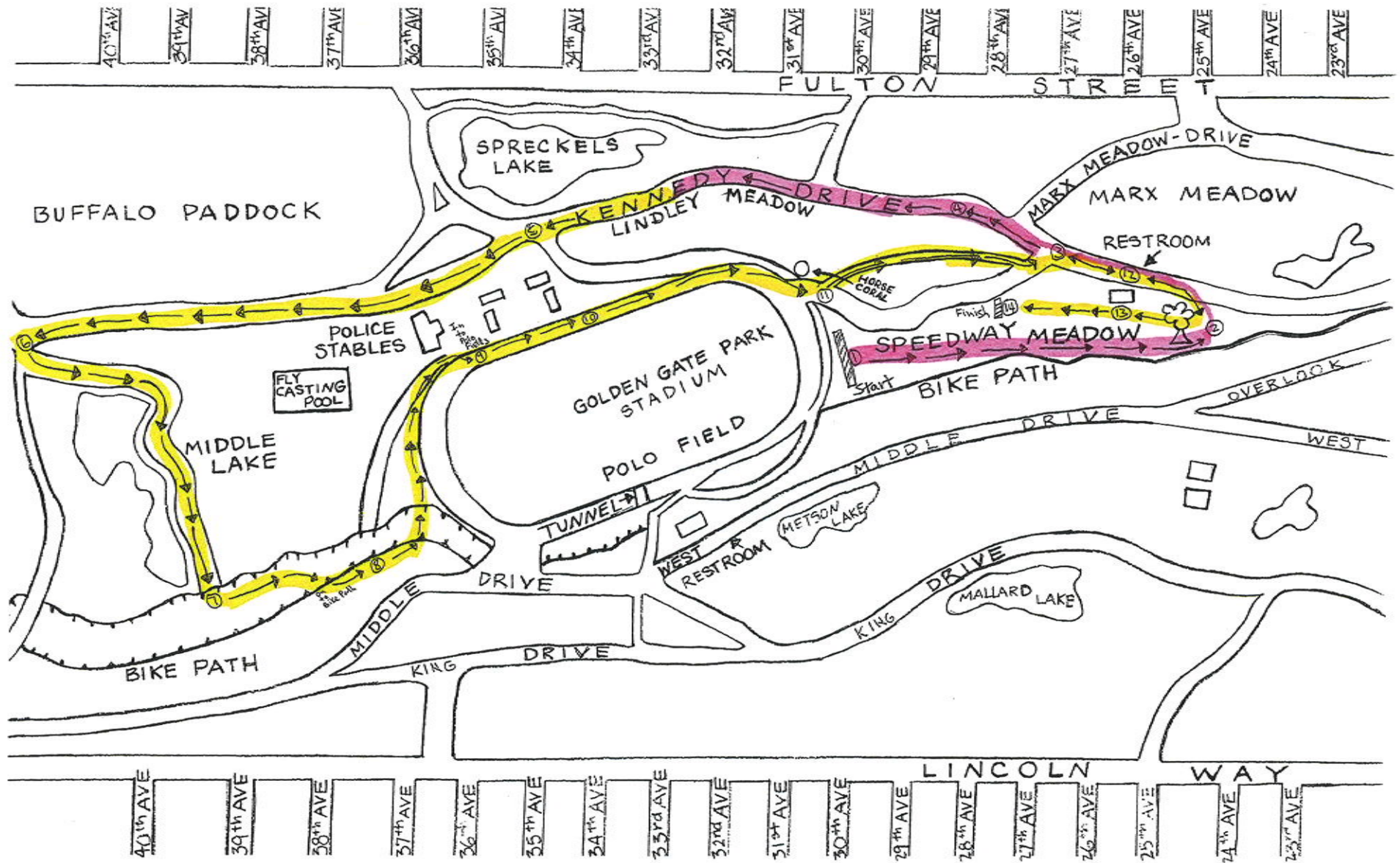
Thank you for coming today and have a great time!

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

Exhibit C

**FOR MORNING DROP OFF:
Enter park at 36th or 30th Ave**

**Drop off &
pick up here**

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

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

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

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



LOWELL HIGH SCHOOL



Lowell 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 ☎#. 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 <https://ca.milesplit.com> 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 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 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:

<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. 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

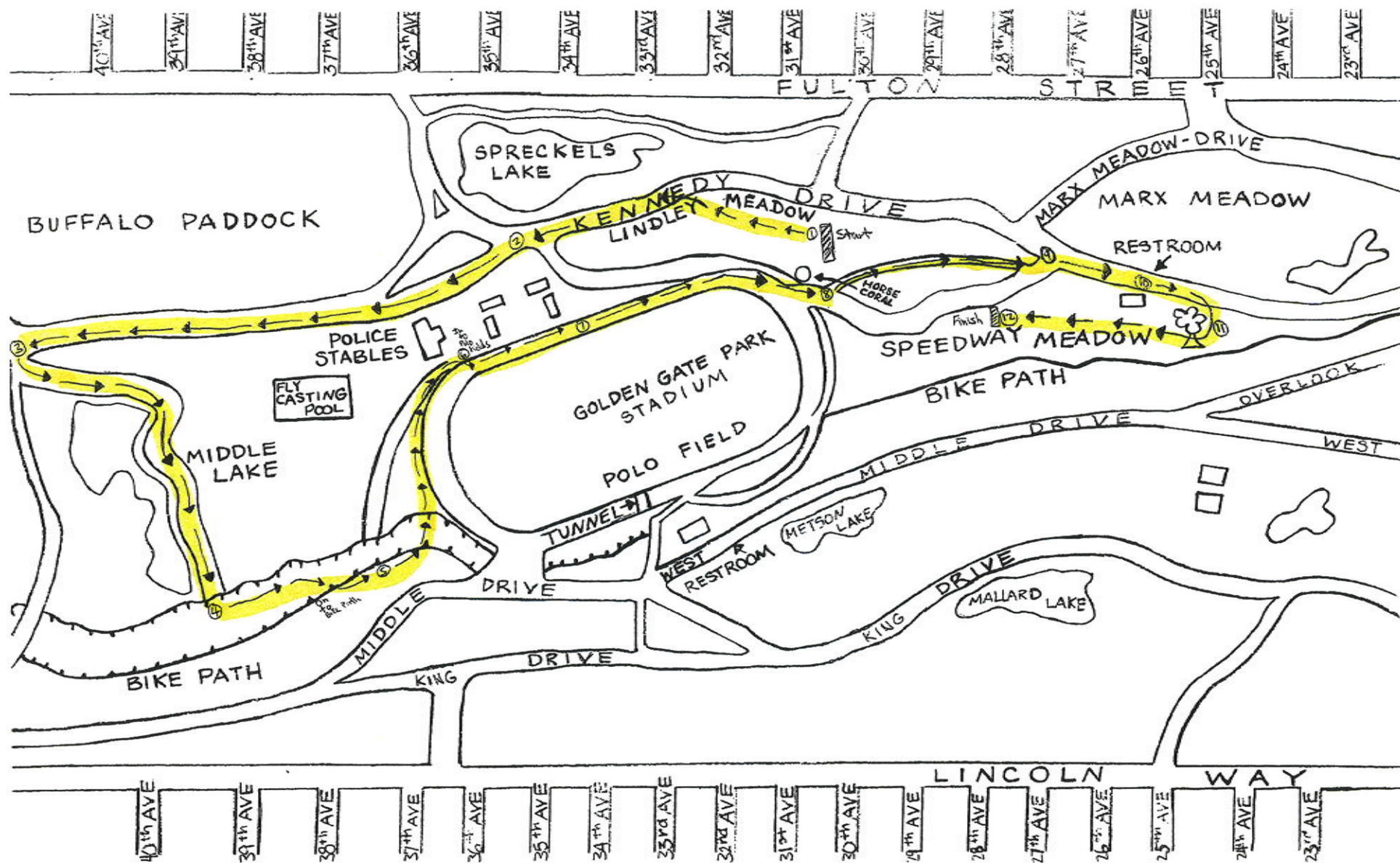
- Please obey all traffic rules. Park rangers will be on site and will be enforcing all traffic laws.
- A drop off zone will be created on Kennedy Drive between the opening of Marx Meadow and Hellman Hallow (Speedway Meadow). There will be no parking in this area.
- Bus parking will be available on the 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 **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 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

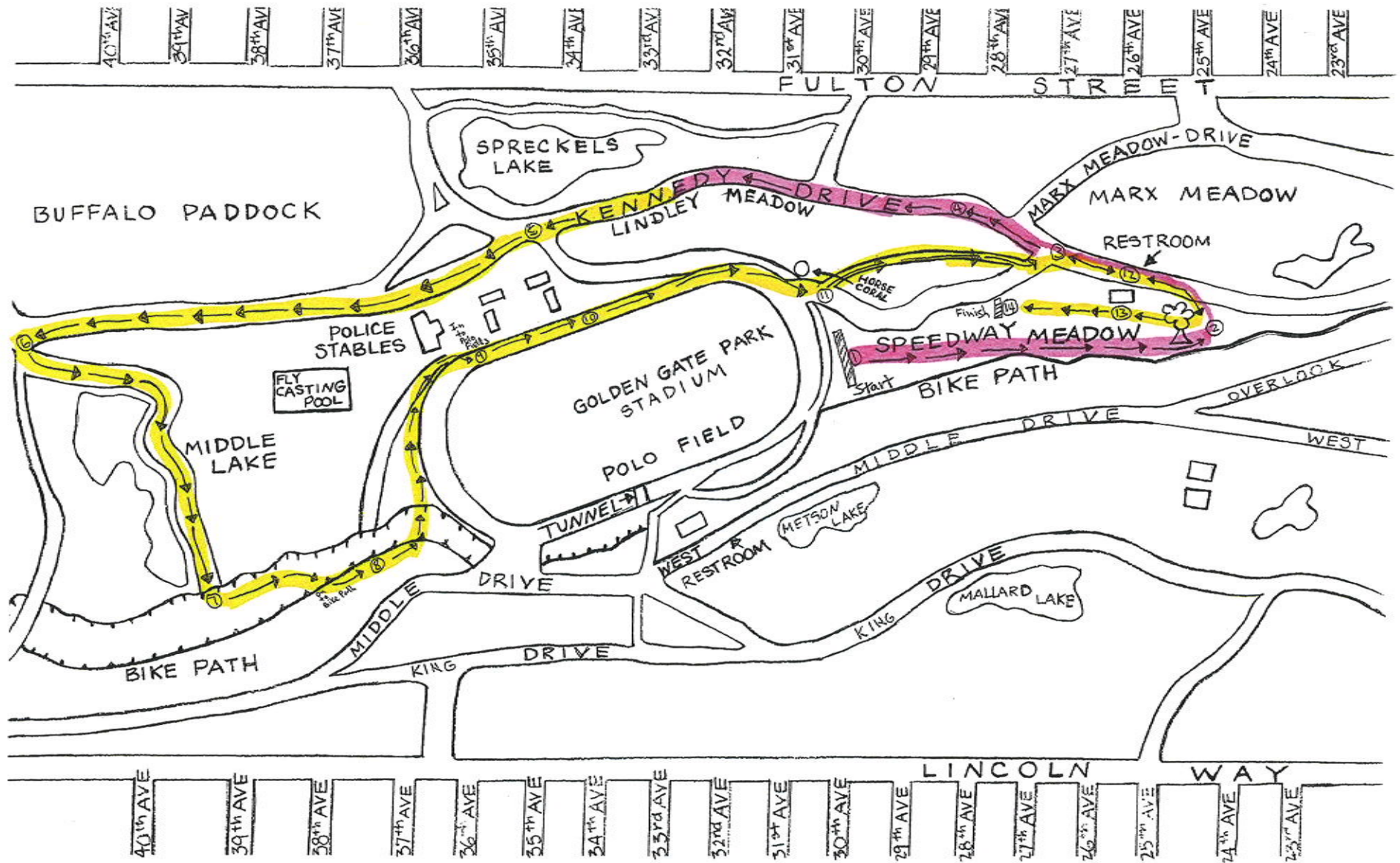
Andy Leong
Cross Country & Track Coach/Meet Director

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



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 <https://ca.milesplit.com/register>
2. Once your account is created go to <https://ca.milesplit.com/teams>
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>

SCHERTZ ST. JOHN PAUL II CATHOLIC HIGH SCHOOL

Exit Admin Mode

Admin Home Coaches Roster Schedule

Roster Download Roster

SPORT: Track GENDER: All CLASS OF: All STATUS: All Current

Note: Use enter key (or click elsewhere) to submit inline editing changes or escape to cancel. Inline editing available for table cells with light pencil icon.

ATHLETE	ROSTER	GENDER	CLASS OF	STATUS
Anderson, Reagan	Cross & Track	F	2020	Active
Asadourian, Connor	Cross & Track	M	2021	Active
Ayala, Grace	Cross & Track	F	2022	Active
Barger, Alexandria	Track	F	--	Active
Bascon, Grace	Cross & Track	F	2021	Active
Beck, Ella	Cross & Track	F	2022	Active
Beckwith, Trevor	Cross & Track	M	2020	Active
Borja, Catey	Cross & Track	F	2021	Active
Borja, Amelia	Cross & Track	F	2021	Active

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.



**FOR MORNING DROP OFF:
Enter park at 36th or 30th 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**

36th Ave

30th Ave

Hellman Hollow

Lincoln Way






(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:

 <p>Make sure to get 8-10 hours of sleep per night!</p>	 <p>Begin exercise well-hydrated: Drink 16-20oz of water at least 2-3 hours before exercise AND 8-12oz of water 15-30mins before competition*</p>	 <p>Don't skip breakfast on race day! You should eat a balanced meal 3-4 hours before exercise and then a snack 30-60mins before your race*</p>
---	--	---

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