

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**.

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 11, 2021

SUBJECT: Race Day Instructions

Welcome to the 48th San Francisco Cross Country Invitational Meet. This year marks the 42nd 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, 2.13 mile course maps (F/S) and 2.93 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 rtlive.us.
- 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
NonV 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 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 \$20.00.

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	\$350.00
31 – 40	\$365.00
41 – 50	\$380.00
51 – 60	\$395.00
61 – 70	\$410.00
71 – 80	\$425.00
81 – 90	\$440.00
91 – 100	\$455.00
101 – 110	\$470.00
111 – 120	\$485.00
121+	\$500.00

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

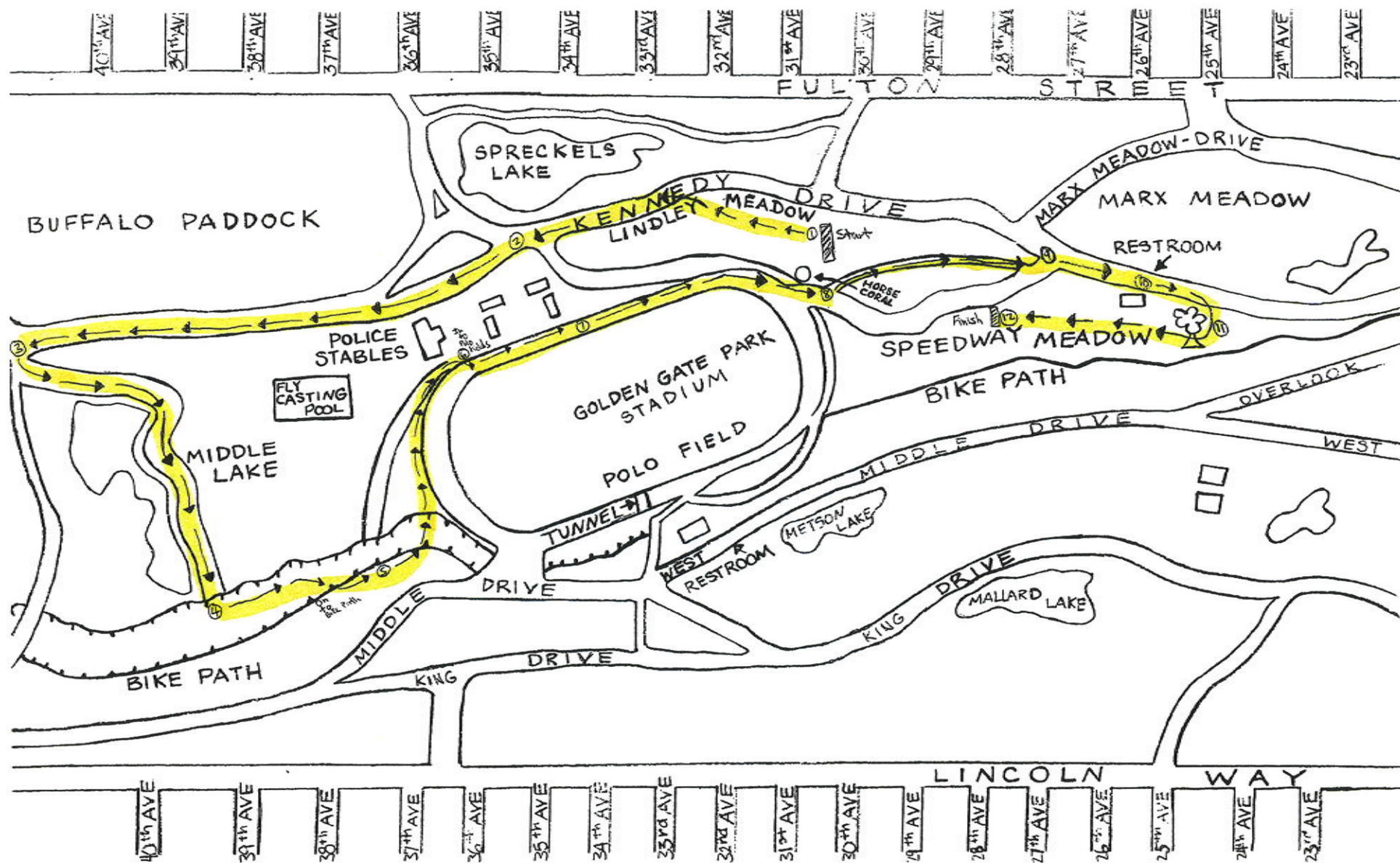
On top of your entry fees above, teams traveling by bus must pay \$10/per bus and should park in the lot on the Great Highway.

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

Acalanes	Galileo	Mills	Santa Teresa
Alameda	Granada	Montgomery	Saratoga
Antioch	Gregori, Joseph A.	Mountain View	Scotts Valley
Aragon	Gunn, Henry M.	North Valleys-Reno	Sonoma Valley
Archbishop Riordan	Half Moon Bay	Notre Dame-Belmont	St. Francis-Sacramento
Bay School	Harker	Notre Dame-San Jose	Summit Shasta
Bear Creek	Healdsburg	Novato	Tamalpais
Bellarmino	Hillsdale	Palo Alto	Terra Linda
Branham	Archie Williams	Piedmont	Tokay
Branson	Junipero Serra	Piner	Ukiah
Burton, Phillip & Sala	Las Lomas	Pioneer	Urban
Carlmont	Leland	Pitman	Washington, Geo.-S.F.
Castilleja	Lincoln - Stockton	Prospect	Watsonville
Clovis North	Livermore	S.H. Cathedral	Westmont
Convent/Stuart Hall	Los Altos	Sacred Heart Prep	Westmoor
Crystal Springs	Lowell	San Domenico	Wood, Will C.
El Camino-SSF	Menlo	SF University	Woodside
Encinal	Menlo Atherton	San Mateo	Woodside Priory
Foothill	Mercy-Burlingame		

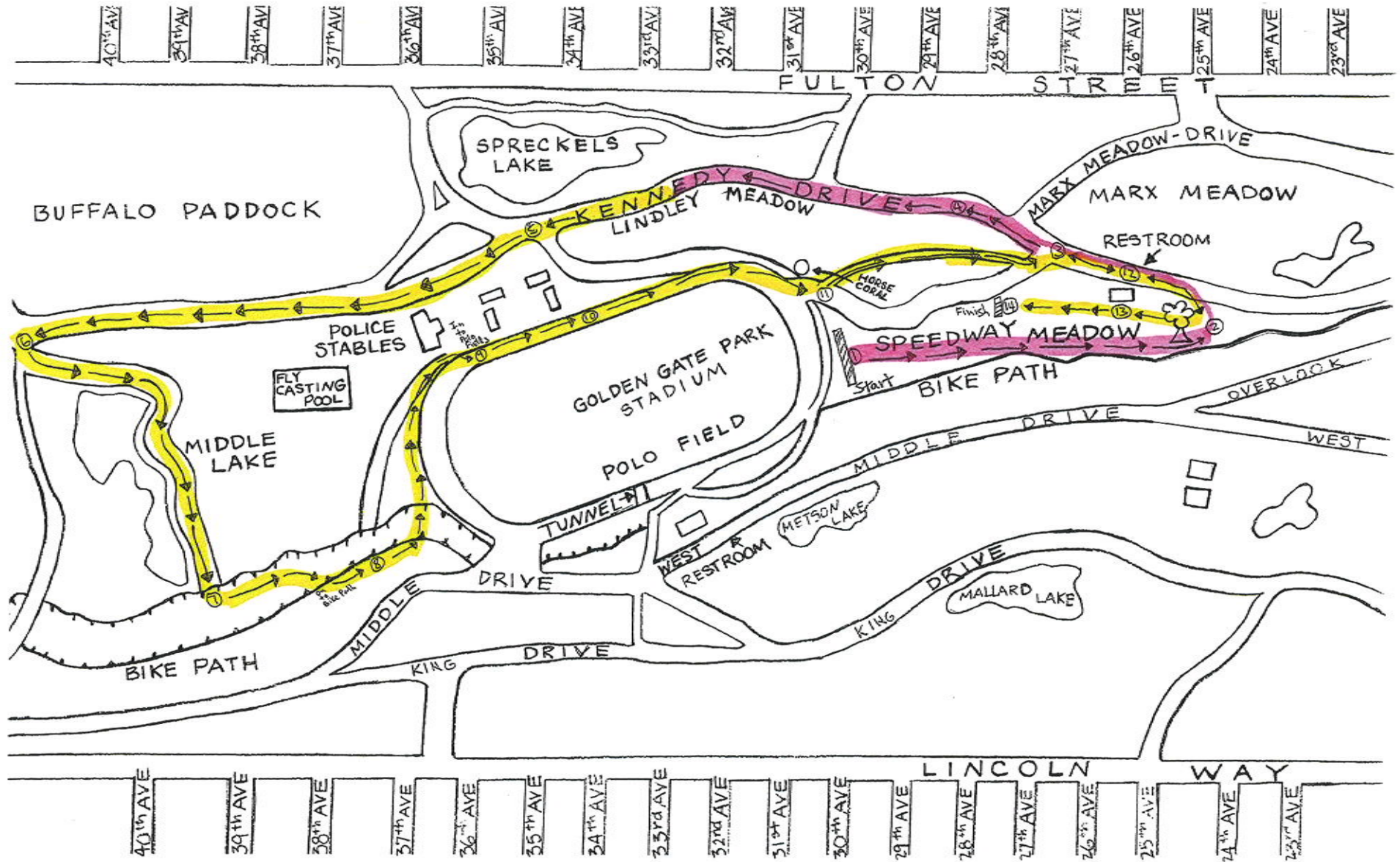
Thank you for coming today and have a great time!

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