


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 20, 2008
SUBJECT: Race Day Instructions

Welcome to the 36th annual San Francisco Cross Country Invitational Meet. This year marks the 30th 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, name labels, race pull tags, two 2.13 mile course maps (F/S) and two 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 their tag is collected for. If you have a runner that does not have a name label, use a label of a runner that is not running today of the same gender. Cross out the name and print the new name. 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 have their tag pulled. **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, 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.
- 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

There will be no Awards Ceremony this year. Awards can be pickup at the registration table 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 \$15.00.

12) This meet is a smoke free event! Please tell your parents and supporters that there is **No Smoking** of any kind!

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


Aptos	Galileo	Menlo	Silver Creek
Aragon	Grace Davis	Menlo Atherton	Sir Francis Drake
Archbishop Riordan	Half Moon Bay	Mercy-Burlingame	Sonoma Valley
Bellarmine	Harker School	Mercy-S.F.	St. Francis-Mt. View
Carlmont	Hillsdale	Mills	St. Patrick/St. Vincent
Casa Roble	Homestead	Miramonte	Stuart Hall
Castro Valley	Jefferson	Monta Vista	Terra Nova
Colfax	June Jordan	Monterey	Ukiah
Crystal Springs Uplands	Kings Academy	Mountain View	University
Edison	Lincoln - Lincoln	Newark Memorial	Urban
El Dorado	Lincoln - S.F.	Notre Dame - S.J.	Villa Park
El Modena	Lincoln - Stockton	Palo Alto	Washington-S.F.
Enochs	Livermore	Riverbank	Watsonville
Evergreen Valley	Lowell	Sequoia	Westmoor
Fremont	Marin Catholic	Serra	Willow Glen
			Woodside

Entry fees (based on names submitted) will be \$8.00 per individual, \$40.00 per team. Each school will also be charged a \$7.00 website/facility fee. There will be a \$150.00 maximum for each school. Checks should be made out to "**Lowell High School Track Team**".

Thank you for coming today and have a great time!

Coaches,
Please stick labels on tags
and/or make corrections as
shown below

CORRECT

PIN HERE  **ONLY**
Rainbow Racing 1-800-982-1011

PINS

NAME _____
TEAM OR _____
ADDRESS _____

RACE NUMBER _____


☐ MALE ☐ AGE ☐ FEMALE

SEAN LAUGHLIN-12-B
POLY -VB
JOE SMITH-10
FISB 1121

YES, PINS

-Put Label NEAR END OF
TAG.
-MAKE corrections as ABOVE
-NO PINS IN "BIG" HOLE

IN CORRECT

PIN HERE  **ONLY**
Rainbow Racing 1-800-982-1011

PINS

NAME, TEAM OR ADDRESS John DOE

☐ MALE ☐ AGE ☐ FEMALE

Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2	
Archbishop Riordan	24	Aptos	8	Aptos	4	Aragon	5
Carlmont	5	Aragon	5	Carlmont	2	Castro Valley	16
Casa Roble	3	Bellarmine	45	Casa Roble	4	Colfax	8
Castro Valley	8	Crystal Spings Uplands	10	Evergreen Valley	7	Crystal Spings Uplands	3
Colfax	1	El Dorado	4	Grace Davis	10	El Dorado	12
Fremont	2	Evergreen Valley	1	Half Moon Bay	7	Galileo	4
Grace Davis	3	Galileo	3	Harker School	8	Homestead	2
Harker School	15	Half Moon Bay	5	Hillsdale	13	Lincoln - Lincoln	5
Homestead	6	Hillsdale	2	Jefferson	2	Lincoln - Stockton	27
Jefferson	1	Kings Academy	6	Lincoln - S.F.	3	Livermore	9
Lincoln - Lincoln	4	Lincoln - Stockton	19	Mercy-Burlingame	12	Lowell	12
Lowell	11	Miramonte	21	Mills	1	Marin Catholic	7
Menlo Atherton	10	Monta Vista	15	Miramonte	48	Menlo Atherton	15
Mills	4	Newark Memorial	7	Monta Vista	8	Mercy-S.F.	4
Monterey	15	Sequoia	3	Monterey	7	Notre Dame San Jose	12
Mountain View	9	Serra	9	Mountain View	15	Sequoia	3
Palo Alto	19	Sir Francis Drake	10	Newark Memorial	11	Silver Creek	9
Silver Creek	5	Sonoma Valley	2	Palo Alto	22	Sir Francis Drake	7
St. Francis-Mt. View	27	St. Patrick/St. Vincent	8	Ukiah	4	St. Francis-Mt. View	41
Terra Nova	6	Washington-S.F.	2	University	13	St. Patrick/St. Vincent	7
Ukiah	2	Watsonville	1	Urban	7	Terra Nova	2
University	9	Westmoor	15	Watsonville	2	Washington-S.F.	3
Urban	3			Westmoor	9	Willow Glen	10
Willow Glen	8			Woodside	4		
Woodside	2						
	202		201		223		223
Soph Boys 1		Soph Boys 2		JV Boys 1		JV Boys 2	
Aptos	5	Aragon	3	Aptos	1	Carlmont	8
Carlmont	10	Archbishop Riordan	13	Aragon	2	Casa Roble	5
Crystal Springs Uplands	7	Bellarmine	40	Archbishop Riordan	7	El Modena	8
El Dorado	3	Casa Roble	2	Bellarmine	41	Evergreen Valley	3
Galileo	2	Castro Valley	10	Castro Valley	9	Fremont	16
Grace Davis	3	Colfax	8	Colfax	7	Grace Davis	10
Half Moon Bay	4	Evergreen Valley	5	Crystal Springs Uplands	8	Harker School	2
Jefferson	1	Fremont	3	Homestead	13	Hillsdale	2
Kings Academy	5	Harker School	3	Lincoln - Lincoln	3	Kings Academy	1
Lincoln - Stockton	18	Hillsdale	1	Lincoln - S.F.	1	Lincoln - Stockton	5
Livermore	10	Homestead	4	Menlo Atherton	19	Lowell	3
Lowell	5	Lincoln - S.F.	7	Mills	2	Marin Catholic	7
Mills	7	Menlo Atherton	16	Monterey	10	Menlo	10
Monta Vista	22	Miramonte	18	Newark Memorial	12	Miramonte	26
Sequoia	3	Monterey	8	Riverbank	4	Monta Vista	18
Serra	11	Mountain View	11	Sir Francis Drake	3	Mountain View	13
Silver Creek	18	Newark Memorial	2	St. Patrick/St. Vincent	13	Palo Alto	25
St. Francis-Mt. View	11	Palo Alto	15	University	8	Serra	11
St. Patrick/St. Vincent	1	Sir Francis Drake	5	Villa Park	9	Silver Creek	9
Terra Nova	2	Ukiah	2	Westmoor	15	St. Francis-Mt. View	12
Watsonville	2	University	3	Willow Glen	3	Ukiah	1
Westmoor	14	Urban	2				
Willow Glen	9						
Woodside	8						
	181		181		190		195

Var Girls 1		Var Girls 2		Var Boys 1		Var Boys 2	
Casa Roble	7	Aptos	7	Aptos	7	Archbishop Riordan	7
Castro Valley	7	Carlmont	7	Bellarmine	7	Carlmont	7
Crystal Springs Uplands	4	Colfax	7	Casa Roble	7	Castro Valley	7
El Dorado	7	Edison	6	Crystal Springs Uplands	7	Colfax	7
Evergreen Valley	3	El Modena	7	El Dorado	2	Edison	6
Fremont	7	Enochs	7	Enochs	7	El Modena	7
Galileo	3	Grace Davis	7	Evergreen Valley	7	Fremont	7
Half Moon Bay	1	Homestead	7	Galileo	4	Grace Davis	7
Harker School	7	Lincoln - Lincoln	5	Harker School	7	Half Moon Bay	7
Hillsdale	7	Lowell	7	Hillsdale	7	Homestead	7
Kings Academy	7	Marin Catholic	7	June Jordan	6	Jefferson	4
Lincoln - S.F.	7	Menlo	7	Kings Academy	7	Lincoln - Lincoln	7
Lincoln - Stockton	5	Mercy-Burlingame	7	Lincoln - Stockton	7	Lincoln - S.F.	7
Livermore	7	Mercy-S.F.	3	Lowell	7	Livermore	7
Menlo Atherton	7	Miramonte	7	Marin Catholic	7	Menlo Atherton	7
Mills	7	Monta Vista	7	Menlo	7	Miramonte	7
Monterey	7	Newark Memorial	7	Mills	7	Monta Vista	7
Mountain View	7	Notre Dame San Jose	7	Palo Alto	7	Monterey	7
Palo Alto	7	Riverbank	6	Sequoia	2	Mountain View	7
Silver Creek	5	Sequoia	4	Silver Creek	7	Newark Memorial	7
Sir Francis Drake	7	St. Francis-Mt. View	7	Sonoma Valley	6	Riverbank	7
Sonoma Valley	1	Ukiah	7	St. Francis-Mt. View	7	Serra	7
St. Patrick/St. Vincent	3	Washington-S.F.	1	St. Patrick/St. Vincent	7	Ukiah	7
Terra Nova	6	Watsonville	7	Stuart Hall	1	Washington-S.F.	3
University	7	Westmoor	4	Terra Nova	3	Westmoor	7
Villa Park	7	Willow Glen	4	University	7	Willow Glen	7
Woodside	7			Villa Park	7		
				Watsonville	4		
				Woodside	7		
	157		159		175		174