LOWELL HIGH SCHOOL





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

August 12, 2009

Dear Cross Country Coaches:

The 37th annual San Francisco Cross Country Invitational Meet will be held on Saturday, September 19, 2009 at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 31st consecutive year that Lowell High School has sponsored this meet.

There will be three divisions for girls (Frosh/Soph, Jr. Varsity and Varsity) and four divisions for boys (Freshmen, Sophomore, Jr. Varsity and Varsity). **We will again be finishing all races in Speedway Meadow.** The distance is approximately 2.93 miles for Varsity & J.V. races and 2.13 miles for Frosh/Soph races. The majority 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.

Entry Instructions: We will use Direct Athletics to collect entries. Every school that plans to attend must follow these instructions:

- E-mail Meet Director Andy Leong at "coachaleong@hotmail.com" to let him know that you will attend the meet. Please include the following in your e-mail: 1) Name of school. 2) Name of Coach. 3) Day/Night ##. 4) Tentative number of runners per division that you think you will have. Your school's name will be added to the invite list for the meet within 24 hours.
- Go to <u>www.directathletics.com</u> to enter names and submit entries. Instructions on how to submit names are enclosed. **Deadline to submit will be 4:00 PM on Tuesday September 15.** 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 J.V. team can be entered. Teams will be subject to disqualification if they have faster runners on their J.V. teams. **Due to our growing numbers, only seven runners can be entered in the Varsity divisions and we may need to cap the number of runners per race.**

We will use one of the following schedules (number of awards given in each race also shown):

Eight Race Schedule

SCHEDULE	TIME	# Team Awards	# Inv. Awards
Walk Course	8:00-8:45 AM (maps provided)		
Frosh Boys	9:00 AM	2	12
F/S Girls	9:25 AM	2	12
Soph Boys	9:50 AM	2	12
J.V. Boys	10:15 AM	2	9
J.V. Girls	10:45 PM	2	12
Var. Girls	11:25 PM	3	20
Var. Boys 1	NOON	3	20
Var. Boys 2	12:35 PM	3	20
Awards Ceremony	1:10 PM		

Thirteen Race Schedule

Team Awards	# Inv. Awards
2	12
2	12
2	12
2	12
2	12
2	12
2	9
2	9
2	12
3	20
3	20
3	20
3	20
	2 2 2 2 2 2 2 2 2 2 3 3 3

Regardless of how many races there are, the **first race will be at 9:00 AM**. Number of races and the final schedule will be out by Thursday September 17. Race assignments will be out by Friday September 18.

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 J.V. Boys will be <u>before</u> the J.V Girls race. There are no dressings facilities so please come dressed to run.

We plan on having souvenir tee shirts for sale again this year.

Entry fees (based on names submitted) will be \$8.00 per individual, \$40.00 per team. Each school will also be charged a \$20.00 website/facility fee. There will be a \$165.00 maximum for each school. Checks should be made out to "Lowell High School Track Team".

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 allow to run. A late fee of \$25 will be charged if payment is not received by October 2. If you have questions, please e-mail me at coachaleong@hotmail.com, or leave a message at 415-759-2730, extension 3853.

Sincerely,

Andy Leong

Track Coach/Meet Director



How to Submit your Roster Online—Cross Country

NOTE: After all of your athletes have been added to your online roster (Step 2), you must submit your roster to the meet by clicking the green "Register" link. (Step 3 below) Your roster is not submitted until you complete Step 3.

STEP 1—Access your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

If you already have a DirectAthletics account for your Cross Country team, and know your username and password	If you do NOT know your username and password
Go to www.directathletics.com In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	 Go to www.directathletics.com Click on the link "New User? Click HERE". Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account. Make sure you create a HIGH SCHOOL team

NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Cross Country **Team:** Trinity College School (M)

This indicates that you are controlling the Trinity College School MEN'S team (M=MEN). To switch to your Women's team, you would select "Trinity College School (W)".

STEP 2—Edit/Set up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.

- 1) Upon logging in, click the TEAM tab.
- 2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click "Import Track Roster" which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).

- 4) Enter your athletes First Name, Last Name and School Year and click "Submit"
- 5) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3--Submit Your Roster

Once your athletes are added to your roster, you must submit your roster to the meet.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Check off the box for each athlete you wish to enter. You can check the "All" box to select (or un-select) your entire roster. Click "Submit". You MUST click "Submit" to submit your entries.

Submit all competing athletes, regardless of which race they are running. You do not need to declare events online.

- 3) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link.
- 4) For entry confirmation, simply print the "View Entries" page or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.

LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE J349 VAE 3VA NE MARX MEADOW 3NY WYZ WENDOW-DRIVE 3VA AM 5244 AVE RESTROOM EAY W.ST SPEEDWAY MEADOW 111 26th AVE BAY 492 ZAY MALLY F MALLARD LAKE BIKE PATH 0 EAR HIZ と W. 485 JAH WAE NA "PS'S BAY 44 bE 30411-05 -O Strat 30th AVE NEADOW R GOLDEN GATE PARK TI 31 ST AVE 31 ST AVE THELD 35 mare 3Jug AVE 0700 32rd WAE 33rd AV! SPRECKELS LAKE SYATTE 34th AVE 30 th AVE DRIVE IVA MEE 30 T AVE POLICE STABLES 37+hAVE My 192 FLY CASTING POOL 37th AVE 38+11 AVE PADDOCK MIDDLE 144.44E BIKE PATH 3d+N WAE Mystoc JAY 4, CH BUFFALO JAY HOD

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

J3rg VAE LOWELL INVITATIONAL VARSITY 2.93 mi. COURSE 3VA PIES MARX MEADOW 344 AVE WEADOW - DRIVE JVA 44 AVE 0 JOHN AVE RESTROOM 375 MY 14.57 3VA"+25,M MEADOW 3AV 4.92 IVA MTS -SPEEDWAY MEA MALLARD LAKE BIKE PATH EVA ATS O 1VA**85 U 3NY 4+82 29th AVE 3VA #PS 0 - SOTH AVE PAM MY OF MEADOW TATE IE 31ST AVE FIELD GOLDEN GATE P Mypure 35ug VIE 0700 32rd MYE MAPIEE SPRECKELS LAKE AVA MAS JAH AVE DE DRIVE 3 AY 4+ 92 IVA MES 30-1-AVE POLICE STABLES NA4+25 2J+HAVE FLY CASTING POOL 37th AVE 38+" AVE PADDOCK MIDDLE NAM8€ PATH 30th AVE My4PE BIKE BUFFALO JAY WIDO MYHOP

SEQUENCE: 1-2-12-3-4-5-6-7-8-9-10-11-3-12-2-13-14

LOWELL HIGH SCHOOL





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

TO:

Cross Country Coaches

FROM:

Andy Leong

Lowell Invitational Meet Director

DATE:

September 19, 2009

SUBJECT:

Race Day Instructions

Welcome to the 37th annual San Francisco Cross Country Invitational Meet. This year marks the 31st 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:

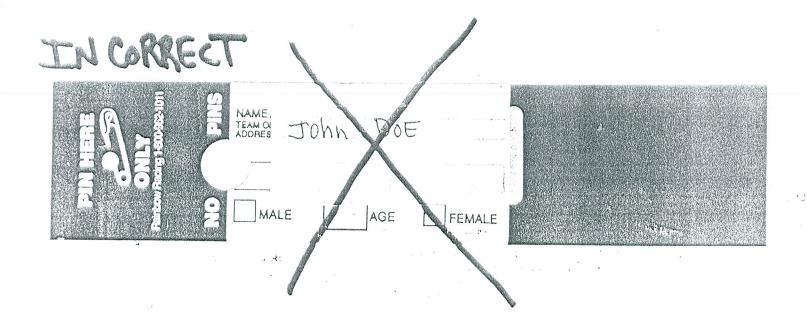
Aptos	Grace Davis	Marin Catholic	San Ramon Valley
Aragon	Half Moon Bay	Menlo	Sequoia
Archbishop Riordan	Homestead	Menlo Atherton	Silver Creek
Bellarmine	International	Mercy-Burlingame	Sir Francis Drake
Castilleja	James Logan	Mills	Sonoma Valley
Castlemont	John Kennedy-Fremont	Miramonte	St. Francis-Mt. View
Colfax	Junipero Serra	Monta Vista	St. Patrick/St. Vincent
Convent	Lick Wilmerding	Mountain View	Stuart Hall
Crystal Springs Uplands	Lincoln - Lincoln	Newark Memorial	Urban
El Camino	Lincoln - S.F.	Palo Alto	Villa Park
El Dorado	Lincoln - Stockton	Riverbank	Westmoor
Encinal	Livermore	Rosemont	Will C Wood
Galileo	Los Altos	Sacred Heart Prep	Woodside
Geo.Washington-S.F.	Lowell		

Entry fees (based on names submitted) will be \$8.00 per individual, \$40.00 per team. Each school will also be charged a \$20.00 website/facility fee. There will be a \$165.00 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

NAME TEAM OR ADDRESS	SEHN LANGHLIN-12-B POLY - VB RACE NUMBER JOE SMITH-10 FISB 1121 AGE FEMALE -PUT Label NEAR END OF
YES, RUS	- Put Label NEAR END OF TAG. - MAKE Corrections as ABOVE - NO PINS IN BIG" HOLE



St. Francis-Mt. View Monta Vista Archbishop Riordan Aragon Junipero Serra San Ramon Valley Mills Menlo Atherton Westmoor St. Patrick/St. Vincent	24 22	Bellarmine Palo Alto		St. Francis-Mt. View Lincoln - Stockton		Palo Alto	48
Archbishop Riordan Aragon Junipero Serra San Ramon Valley Mills Menlo Atherton Westmoor	22		24	Lincoln Ctoolston	07		The second secon
Aragon Junipero Serra San Ramon Valley Mills Menlo Atherton Westmoor						Newark Memorial	26
Junipero Serra San Ramon Valley Mills Menlo Atherton Westmoor	16	Miramonte		San Ramon Valley		Miramonte	18
Junipero Serra San Ramon Valley Mills Menlo Atherton Westmoor		Lincoln - Stockton		Mountain View		Lick Wilmerding	14
Mills Menlo Atherton Westmoor	14	Crystal Springs Uplands	13	Westmoor		Riverbank	13
Menlo Atherton Westmoor		Lowell	11	Lowell	12	Mercy-Burlingame	12
Westmoor		Mountain View	11	Menlo Atherton	11	El Dorado	11
	10	Newark Memorial	10	Lincoln - S.F.		Aragon	9
Ct Datrick/Ct Vincent	10	Colfax	9	International	8	Galileo	8
St. Fatherst. Vincent	9	Homestead	8	Half Moon Bay	8	Homestead	8
Castlemont	6	Lick Wilmerding		Colfax	8	James Logan	8
Sir Francis Drake		Urban	6	Silver Creek		Mills	7
Galileo		Silver Creek	5	Sir Francis Drake	6	Will C Wood	7
Stuart Hall		James Logan		Castlemont	6	Crystal Springs Uplands	6
Will C Wood		El Dorado		Urban		St. Patrick/St. Vincent	6
Half Moon Bay		International		Sacred Heart Prep		Lincoln - Lincoln	4
Lincoln - S.F.		Livermore				Aptos	3
Woodside		Aptos		Geo.Washington-S.F.		Livermore	2
Geo.Washington-S.F.	1			Convent		John Kennedy-Fremont	1
John Kennedy-Fremont	1	and the second s		Rosemont	2		
in the state of th	gerFi N			artini a maja ika a di a di	incipi) en	Marchaeth Marchaeth A	
18		5101,068,2		Charles Silly		THE WILLSON	
		THE PRINCE	1			HARIOTECH P	n med
	- 100	(Lenicon) (Con)	3, 13 com	urastrumoj.			
	187		188	Ingredice(d)	213		211
	107		100				
Soph Boys 1		Soph Boys 2		JV Boys 1		JV Boys 2	
Miramonte	31	Bellarmine		San Ramon Valley		Bellarmine	33
Palo Alto	30	St. Francis-Mt. View	28	Palo Alto	22	Lincoln - S.F.	20
Lincoln - Stockton	17	Menlo Atherton	16	Los Altos	21	Silver Creek	19
Monta Vista	14	Mountain View	16	Westmoor	19	Mountain View	17
St. Patrick/St. Vincent	13	Newark Memorial	13	Menlo Atherton	14	Grace Davis	14
Archbishop Riordan	12	Westmoor	13	Monta Vista	12	Lincoln - Stockton	13
Lincoln - S.F.		Lowell	10	St. Francis-Mt. View	12	Newark Memorial	12
Homestead		Crystal Springs Uplands		Archbishop Riordan		St. Patrick/St. Vincent	11
San Ramon Valley		Mills		Sir Francis Drake		Menlo	10
Stuart Hall		Junipero Serra		Sacred Heart Prep		Miramonte	9
Geo.Washington-S.F.		Silver Creek		Encinal		Crystal Springs Uplands	8
Sacred Heart Prep	13.0	Lick Wilmerding		Mills		Junipero Serra	8
Sir Francis Drake		Aptos		Villa Park		James Logan	7
El Dorado		Aragon		Homestead		Livermore	7
James Logan		Half Moon Bay		Marin Catholic		Lick Wilmerding	6
Galileo		Lincoln - Lincoln		Sequoia		El Camino	4
Will C Wood		Livermore		Colfax		Aragon	3
		Rosemont		Stuart Hall		Lowell	3
Sequoia				Will C Wood		Castlemont	2
Castlemont		Woodside		Woodside		Aptos	- 4
Colfax		Urban					- 1
John Kennedy-Fremont	1	International		Galileo Rosemont	1	Riverbank	1
		Riverbank	1	nosemoni	· · · · · · · · · · · · · · · · · · ·		
Name of the state							

	Var Girls 2	waty dis	Var Boys 1		Var Boys 2	WOY IN
7	Aragon	7		7		7
7	Encinal	7	Bellarmine	7	Colfax	7
7	Homestead	7	Crystal Springs Uplands	7	Galileo	7
7	Lincoln - S.F.			7	Grace Davis	7
7	Lincoln - Stockton	7	Junipero Serra	7	Lick Wilmerding	7
7	Los Altos	7	Lowell	7	Lincoln - Stockton	7
7	Marin Catholic	7	Los Altos	7	Lincoln - S.F.	7
		7	Menlo	7	Menlo Atherton	7
7	Mills	7	Mills	7	Miramonte	7
7	Monta Vista	7	Monta Vista	7	Mountain View	7
7	Newark Memorial	7	Newark Memorial	7	Palo Alto	7
				7	Rosemont	7
				7	Silver Creek	7
Variable and the second second				7	Sonoma Valley	7
7	St. Patrick/St. Vincent	7	St. Francis-Mt. View	7	St. Patrick/St. Vincent	7
6	Westmoor	7	Villa Park	7	Westmoor	7
6	El Dorado	6	Will C Wood	7	Aragon	6
		6	El Camino	6	Encinal	6
		5	International	6	Livermore	6
4	Crystal Springs Uplands	4	Marin Catholic	6	Sacred Heart Prep	6
		3	El Dorado	5	Sequoia	6
2	Castlemont	2	Half Moon Bay	5	Stuart Hall	5
1	Geo.Washington-S.F.			5	Woodside	5
1			Geo.Washington-S.F.	3	Lincoln - Lincoln	3
			Castlemont	1		
	213		881		187	
	Y OVER VIV		Tandivi		Well Month	
	odiersijnS NS	vollsV	contain haid to		enumbled 15	
() () () () () () () () () ()	8 satispania SS		offA thR5, 85	welV .tW	GIOLETTI JE 108	
	man particular		- cork equilibri	CIO [®]	antA pinaM N1	nobia
139	A British Color Color	139	rocardoal/Mai	156	V majnubivi si i	155
	77 77 77 77 77 77 77 76 66 65 44 33 22 11 1	7 Aragon 7 Encinal 7 Homestead 7 Lincoln - S.F. 7 Lincoln - Stockton 7 Los Altos 7 Marin Catholic 7 Menlo Atherton 7 Mills 7 Monta Vista 7 Newark Memorial 7 Rosemont 7 San Ramon Valley 7 Sir Francis Drake 7 St. Patrick/St. Vincent 6 Westmoor 6 El Dorado 6 Sonoma Valley 5 Colfax 4 Crystal Springs Uplands 3 Convent 2 Castlemont 1 Geo.Washington-S.F.	7 Aragon 7 7 Encinal 7 7 Homestead 7 7 Lincoln - S.F. 7 7 Lincoln - Stockton 7 7 Los Altos 7 7 Marin Catholic 7 7 Menlo Atherton 7 7 Mills 7 7 Newark Memorial 7 7 Rosemont 7 7 San Ramon Valley 7 7 St. Patrick/St. Vincent 7 6 Westmoor 7 6 El Dorado 6 6 Sonoma Valley 6 5 Colfax 5 4 Crystal Springs Uplands 4 3 Convent 2 1 Geo.Washington-S.F. 1	7 Aragon 7 Aptos 7 Encinal 7 Bellarmine 7 Homestead 7 Crystal Springs Uplands 7 Lincoln - S.F. 7 Homestead 7 Lincoln - Stockton 7 Junipero Serra 7 Los Altos 7 Lowell 7 Marin Catholic 7 Los Altos 7 Menlo Atherton 7 Menlo 7 Mills 7 Monta Vista 7 Monta Vista 7 Newark Memorial 7 Newark Memorial 7 Rosemont 7 Riverbank 7 San Ramon Valley 7 Sir Francis Drake 7 St. Francis Drake 7 St. Patrick/St. Vincent 6 Westmoor 7 Villa Park 6 El Dorado 6 Sonoma Valley 6 El Camino 5 Colfax 5 International 4 Crystal Springs Uplands 4 Crystal Springs Uplands 1 Geo.Washington-S.F. 1 Urban Geo.Washington-S.F. 1 Urban Geo.Washington-S.F. Castlemont	7 Aragon 7 Aptos 7 7 Encinal 7 Bellarmine 7 7 Homestead 7 Crystal Springs Uplands 7 7 Lincoln - S.F. 7 Homestead 7 7 Lincoln - Stockton 7 Junipero Serra 7 7 Los Altos 7 Lowell 7 7 Marin Catholic 7 Los Altos 7 7 Menlo Atherton 7 Menlo 7 7 Mills 7 Mills 7 7 Monta Vista 7 Mills 7 7 Newark Memorial 7 Newark Memorial 7 7 Rosemont 7 Riverbank 7 7 San Ramon Valley 7 San Ramon Valley 7 7 St. Patrick/St. Vincent 7 St. Francis Drake 7 7 St. Patrick/St. Vincent 7 St. Francis-Mt. View 7 6 El Dorado 6 Will C Wood 7 6 El Camino 6 6 El Camino 6 5 Colfax 5 International 6 4 Crystal Springs Uplands 4 Marin Catholic 6 5 Castlemont 2 Half Moon Bay 5 <td>7 Aragon 7 Aptos 7 Archbishop Riordan 7 Encinal 7 Bellarmine 7 Colfax 7 Homestead 7 Crystal Springs Uplands 7 Galileo 7 Lincoln - S.F. 7 Homestead 7 Crystal Springs Uplands 7 Galileo 7 Lincoln - Stockton 7 Junipero Serra 7 Lick Wilmerding 7 Los Altos 7 Lowell 7 Lincoln - Stockton 7 Marin Catholic 7 Los Altos 7 Lincoln - S.F. 7 Menlo Atherton 7 Menlo Mills 7 Mills 7 Mills 7 Mills 7 Mills 7 Mills 7 Miramonte 7 Monta Vista 7 Rosemont 7 Riverbank 7 Rosemont 7 Riverbank 7 Rosemont 7 San Ramon Valley 7 San Ramon Valley 7 Sir Francis Drake 7 Sir Francis Drake 7 Sir Francis Drake 7 Sir Francis Drake 7 Sir Francis Off 6 El Dorado 6 Will C Wood 7 Aragon 6 Sonoma Valley 6 El Camino 6 Encinal 6 Livermore 7 Castlemont 9 Castlemont 9 Castlemont 9 Castlemont 9 Castlemont 1 Castlemont 1</td>	7 Aragon 7 Aptos 7 Archbishop Riordan 7 Encinal 7 Bellarmine 7 Colfax 7 Homestead 7 Crystal Springs Uplands 7 Galileo 7 Lincoln - S.F. 7 Homestead 7 Crystal Springs Uplands 7 Galileo 7 Lincoln - Stockton 7 Junipero Serra 7 Lick Wilmerding 7 Los Altos 7 Lowell 7 Lincoln - Stockton 7 Marin Catholic 7 Los Altos 7 Lincoln - S.F. 7 Menlo Atherton 7 Menlo Mills 7 Mills 7 Mills 7 Mills 7 Mills 7 Mills 7 Miramonte 7 Monta Vista 7 Rosemont 7 Riverbank 7 Rosemont 7 Riverbank 7 Rosemont 7 San Ramon Valley 7 San Ramon Valley 7 Sir Francis Drake 7 Sir Francis Drake 7 Sir Francis Drake 7 Sir Francis Drake 7 Sir Francis Off 6 El Dorado 6 Will C Wood 7 Aragon 6 Sonoma Valley 6 El Camino 6 Encinal 6 Livermore 7 Castlemont 9 Castlemont 9 Castlemont 9 Castlemont 9 Castlemont 1