WESTMOOR HIGH SCHOOL
131 WESTMOOR AVE.
DALY CITY, CALIFORNIA 94015

Dear Coach:

Westmoor High School would like to invite you and your team to participate in the 34th annual Ram Invitational to be held on Saturday, September 26, 2015, at Westmoor High School.

The meet will conform to all C.I.F. regulations.

Due to the size of most races, we will split all divisions into two races. Teams will be assigned a race the day of the meet. Your team will either run in Race #1 or Race #2. Awards will remain the same. Winners of each race can receive their awards thirty minutes after each race at the Awards Table. Once the race is completed and the points have been calculated, there will be a star placed next to your name or team on a posted race entry sheet, which will indicate you have won an award.

SCHEDULE

7:30 AM	Walk course (maps provided)
8:30 AM	Coaches and Alumni race
9:00 AM	Boys Frosh Race #1
9:30 AM	Boys Frosh Race #2
10:00 AM	Girls Frosh/Soph Race #1
10:30 AM	Girls Frosh/Soph Race #2
11:00 AM	Boys Soph Race #1
11:30 AM	Boys Soph Race #2
12:00 PM	Girls JV Race #1
12:30 PM	Girls JV Race #2
1:00 PM	Boys JV Race #1
1:30 PM	Boys JV Race #2
2:00 PM	Girls Varsity Race #1
2:30 PM	Girls Varsity Race #2
3:00 PM	Boys Varsity Race #1
3:30 PM	Boys Varsity Race #2

<u>AWARDS</u>

Team Awards (Medals)

<u>BOYS</u>

Frosh - 1st team (7) in each race
Soph - 1st team (7), 2nd team (7) in each race
JV - 1st team (7) in each race
Varsity - 1st team (7), 2nd team (7) in each race

<u>GIRLS</u>

Frosh/Soph - 1st team (7), 2nd team (7) - in each race
JV - 1st team (7) - in each race
Varsity - 1st team (7), 2nd team (7) in each race

Team plaques awarded to all first place teams (14).

Individual plaques to all race winners (14).

Boys Frosh - First 20 (not on winning team) - both races
Boys Soph - First 20 (not on winning team) - both races
Girls Frosh/Soph - First 20 (not on winning team) - both races
Boys JV - First 20 (not on a winning team) - both races
Girls JV - First 20 (not on a winning team) - both races
Boys & Girls Varsity - First 25 (not on winning team)

Total: 454 medals, 14 team plaques, 14 individual race winners' plaques

This year's newly designed T-shirt will be on sale:
$12.00 - short sleeve
$15.00 - long sleeve

<u>FEES</u>

$ 9.00 per individual
$ 60.00 per team
$240.00 maximum

Please make checks payable to <u>WESTMOOR HIGH SCHOOL</u>.

GENERAL INFORMATION

A) Come dressed to run. No dressing room facilities will be provided.

B) Bathrooms will be open on track facility.

C) You must enter a Varsity team before you enter a JV team. A school will be subject to disqualification if they have faster runners on their JV team than on their Varsity team.

D) A concession stand will be open so that runners may purchase items. Again this year we will be selling Ram Invitational T-shirts. Please tell all your runners.

E) A school official must accompany all athletes entered in the meet. Coaches should be reminded they will be expected to control all their athletes.

F) Again this year we will have an athletic trainer on site during the entire meet.

G) Team Tents may not be set up on the football field

H) For more information contact:

Coach Ron DiMaggio:
Home phone - (650) 573-6290 (after 7PM)
Cell – (650) 576-5370

Assistant Coach Steve Pofahl – spofahl@gmail.com

Westmoor High School - (650) 550-7400 (between 9AM-2:30PM).
You may leave a message with the Switchboard.

DIRECTIONS TO WESTMOOR HIGH SCHOOL

Westmoor High School is located in Daly City, California, just south of San Francisco.

Coming from the south, take 280 headed north towards Daly City. Take the Pacifica-Mission St. turn-off, which is opposite Serramonte Shopping Center. As you come off the freeway, stay in the left hand lane going towards Pacifica. Then take Skyline Blvd. North (35). This exit is the second exit and is only about 1/4 mile from 280. Once on Skyline, take the first right at the stoplight. This will be Westmoor Ave. Westmoor High School will be straight ahead approximately four blocks. Parking lot is located in the back of the school.

Coming from the north, take 280 South towards Daly City. Take the Pacifica turn-off. Then take Skyline Blvd. North (35). This exit is the second exit and is only about 1/4 mile from 280. Once on Skyline, take the first right at the stop light. This will be Westmoor Ave. Westmoor High School will be straight ahead approximately four blocks. Parking lot is located in the back of the school.

ENTRY FEE CALCULATOR

SCHOOL_____

COACH_____

DIVISION	TEAM ($60)	INDIVIDUAL RUNNERS ($9.00 PER RUNNER)	FEE
Freshmen Boys	____	_____	____
Soph Boys	____	_____	____
JV Boys	____	_____	____
Varsity Boys	____	_____	____
Frosh/Soph Girls	____	_____	____
JV Girls	____	_____	____
Varsity Girls	____	_____	____
TOTALS	____	_____	____

You may enter a team in any Division with more than seven runners, with the exception of the Boys and Girls Varsity. Awards will only be given out to your top seven runners if your team should win.

FEES $ 60.00   Team
                    $ 9.00   Individual
                    $240.00   Maximum

Mail checks payable to the **WESTMOOR HIGH SCHOOL**.

Mail check to: Ron DiMaggio
                                    Cross Country Coach
                                    Westmoor High School
                                    131 Westmoor Ave.
                                    Daly City, CA. 94015

Ram Invitational (#106908)
Online Entry Submission

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify coaching tasks. ***Follow the 4 steps below to get started:***

1. Sign up for a free coach account
(if you do not have one)

- Go to the website: www.athletic.net

- Click on 'Sign up for a free coach account' on the homepage

- Complete the signup wizard

- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- Login to Athletic.net using your email address and password

- Click on your team's name in the left navigation bar

- Click "**Add Meet**" above your calendar box

- Where it says "Meet ID:" enter **92657** and click **Add**

- Review the information and click **Save and Continue >**

- You may need to click **Save and Continue >** again

- Repeat this process for the rest of your season calendar *(You can also add meets by date, if you don't know the Meet ID)*

- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

3. Enter team roster

- Click "**Edit Athletes**" on the Coaches Toolbar, on your team's page

- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the Ram Invitational

- Locate **Ram Invitational** on your team's main cross country page and click on it

- On the right under **Team Tools,** click **Register Athletes**.

- Click **Increment Divisions** to quickly register all your athletes in the first race division,

- or manually select the race division for each athlete

- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.