

4th Annual Hillsdale Fighting Knights' Joust
Saturday, September 13, 2025
Crystal Springs Course, Belmont CA

Welcome to Hillsdale High School's Fighting Knights' Joust cross country meet! This early season opener is set up by student grade levels and gender. Our goal is to give teams an early Crystal Springs benchmark with this unique format.

The meet is sanctioned by the Central Coast Section for all schools in California. The Crystal Springs courses are 2.95 miles (Jr/Sr races) and 2.13 miles (F/S races) of rolling hills, all run on trails. The layout of the course is excellent for both runners and spectators.

The Crystal Springs Course is located in a residential neighborhood. **Warm ups/warm downs may NOT use the neighborhood streets.** Please respect the private property in the area. Please do not block any portion of people's driveways. Coaches are requested to review the course rules with their athletes, parents, and bus drivers. **Fines will be issued for those that do not follow the parking and clean up rules in the Crystal Springs Handbook.**

There are no dressing rooms at Crystal, so have athletes arrive ready to compete. Again, NO warmups/warm downs allowed in the surrounding neighborhood.

REGISTRATION:

The Knights' Joust will be run with grade level divisions. Registration will be done online at <http://www.athletic.net>. Please enter your athletes by grade and **make sure you register your athletes by 8 PM, Monday, September 8th, 2025.** **No race day entries will be accepted. Athletes may not "race-up" or "race-down" divisions.** Once registration is closed, you must pay for all entered athletes.

No race additions are to be made on meet day, only substitutions. If you have an athlete that is not entered in any race, but would like him/her to run IN PLACE OF an athlete who is already entered, simply have the athlete wear the race number of the person they are replacing and inform meet management of the change **within 30 minutes of their race completion.** Runners without bib numbers are not allowed to race. All administrative changes need to be addressed within 30 minutes of the completion of the final race of the day.

BE AWARE THAT ENTERING ON ATHLETIC.NET MEANS YOU ARE RESPONSIBLE FOR THE FEES. NO SHOWS MUST STILL PAY THEIR FEES. THANK YOU.

*****IMPORTANT*****

If we reach maximum entries for the meet prior to the September 8th deadline, we will close entries at that point. Please note, in addition to our overall entrant limit, we may set limits on the fields for each grade/gender level to allow for an appropriately sized race in each divisional race. Race divisions may be combined to race concurrently to provide a competitive environment. Should divisions be started at the same time, awards will still be done separately.

ENTRY FEES

Entry fee: \$15/registered runner

Max fee: \$500/school (\$250 for single gender schools)

The fee is based on the total number of runners registered from your school.

Make checks payable to Hillsdale Cross Country ASB.

Mail to: Hillsdale High School, attn: Chris Lucey, Cross Country Coach, 3115 Del Monte Street, San Mateo, CA 94403

You may hand deliver your check to the meet. Payment (along with proof of having an emergency medical kit and printed copies of medical forms) is needed to receive your packets.

No exceptions. If your school is taking time to cut a check for the entries, we will hold a personal check from the coach until the school check is delivered.

The DEADLINE to REGISTER is 9/8/25 at 8 PM or race capacity, whichever comes first!

COURSE

The course for the Freshman and Sophomore races will be 2.13 miles. The Junior and Senior races will be the existing 2.95 mile high school course. The wearing of spikes is prohibited.

BUS PARKING AND TEAM DROP OFF

Teams arriving via bus will drop off and park at the St. James Gate, which is located near the intersection of Wembley Drive and St. James Road. The walk up from the St. James gate to the starting area is approximately 0.5 miles along the warm-up trail. **Buses will not be allowed to drive to the Course entrances off Hallmark.**

SCHEDULE

Coaches should have their athletes at the starting line at least ten minutes before race time to receive instructions. Athletes are responsible for being on time for their race. Coaches will be responsible for gathering times for any runners taking greater than 30 minutes (25 for F/S) to complete their races.

PRELIMINARY RACE SCHEDULE:

RACE	DISTANCE	START TIME
FROSH BOYS	2.13 Miles	9:00 AM
FROSH GIRLS	2.13 Miles	9:25 AM
SOPHOMORE BOYS	2.13 Miles	9:50 AM
SOPHOMORE GIRLS	2.13 Miles	10:15 AM
JUNIOR BOYS	2.95 Miles	10:45 AM
JUNIOR GIRLS	2.95 Miles	11:15 AM
SENIOR BOYS	2.95 Miles	11:45 PM
SENIOR GIRLS	2.95 Miles	12:15 PM

PACKET PICKUP

Race Numbers and chips may be picked up at the shed starting at 8:00 am on Saturday. Coaches are the only ones who can pick up a school's packet. In order to pick up your packet:

- 1) Coaches must show they have **physical, printed copies** of their athlete's **medical emergency/permission forms** with them at the meet and the **required medical kit**. They need to sign the required form confirming said items are present. **NO EXCEPTIONS**. Physical copies are need in case of emergency transport.
- 2) All entries must be paid in full prior to the meet or a check for the full number of entries must be provided at the check in tent. **NO EXCEPTIONS**. If your school is taking time to cut a check for the entries, we will hold a personal check from the coach until the school check is delivered.
- 3) There is a \$10 fee per chip for any timing chip that is lost, broken, and/or not returned after the races

AWARDS CEREMONY: 12:45 PM (or earlier if there is race consolidation)

Medals to the top 10 finishers in each race

Plaques to the top team in each race

CONCESSIONS/MERCHANDISE

A limited number of Hillsdale's Knight Joust t-shirts will be available for sale the day of the meet for \$20.

FACILITIES

Chemical toilets and drinking fountains are available at the course.

There are no dressing rooms, so have athletes arrive ready to compete.

Warm ups/warm downs may NOT use the neighborhood streets.

Please respect the private property in the area. Do not go on to people's property to get water or for any other reason.

Please do not block people's driveways.

Coaches are requested to review the enclosed course rules with their athletes and bus drivers.

Teams are required to clean up their own areas and pack out their trash and debris.

ELECTRONIC DEVICES

The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. It is on the honor system, but athletes are expected only to use the basic stopwatch function of said devices in competition.

Timing

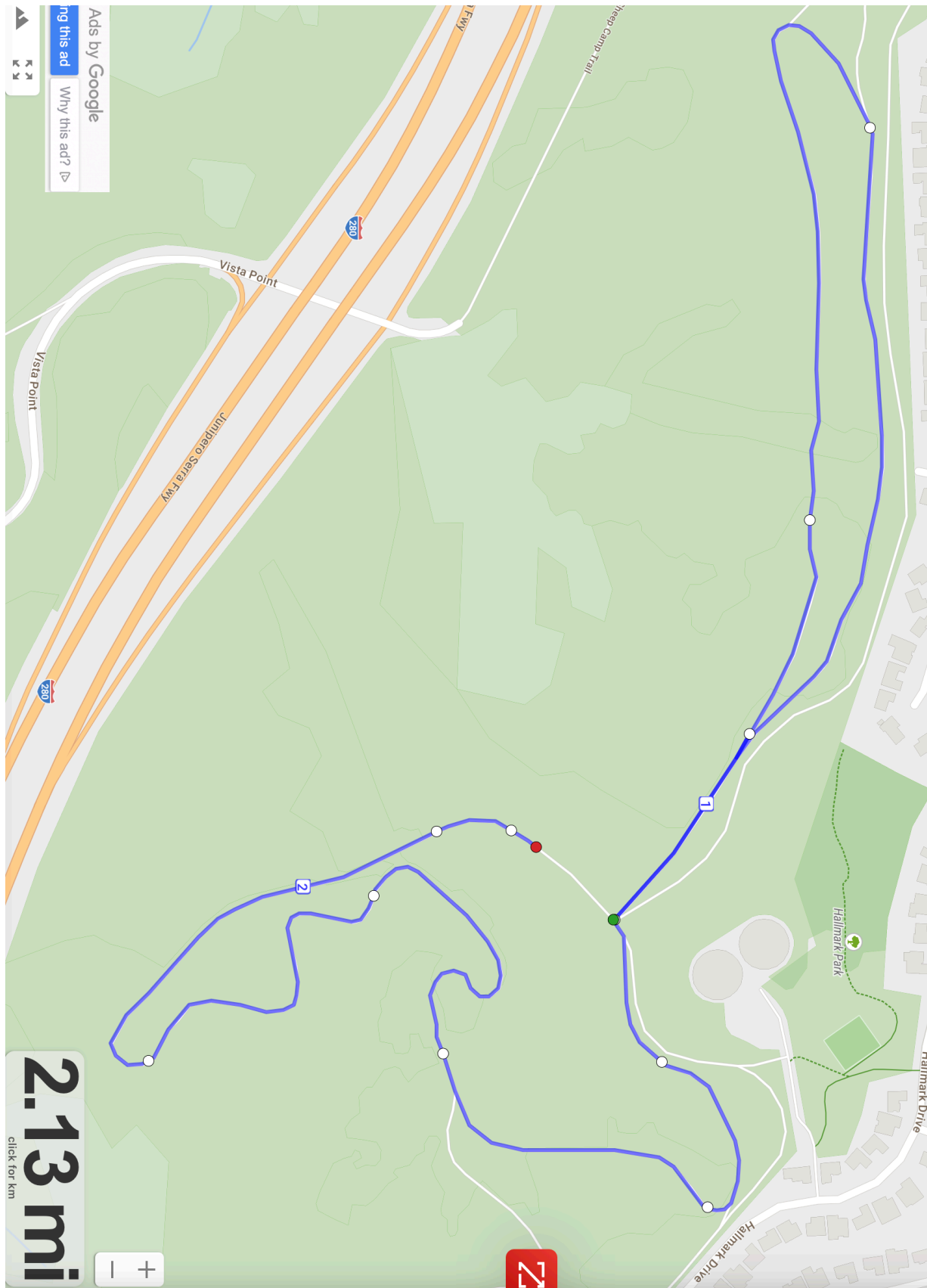
We will utilize shoe tags for our race timing. Teams are responsible for returning all shoe tags issued to them for the meet. Any unreturned/lost/broken tags will incur a \$10 per tag replacement fee.

QUESTIONS

Contact Meet Director and Hillsdale Coach Chris Lucey at luceycw@yahoo.com or 415-577-6521 between 9 am and 8 pm.

Rules for using Crystal Springs:

- At no time is there to be anyone up on water tank hill.
- Buses are to drop off athletes at the St. James Gate. which is located near the intersection of Wembley Drive and St. James Road. The walk up from the St. James gate to the starting area is approximately 0.5 miles along the warmup trail. **Buses will no longer be allowed at the Course entrances off Hallmark.**
- Also, the **buses and cars may not double park** while dropping off the runners. If they do so and a police officer observes them, they will be given a ticket. Further, the school will be subject to banishment from the course in the future.
- No warmup on streets or on the race course. Athletes warm up on path alongside the course that starts at the toilets
- There is to be no throwing of objects, including rocks, frisbees and footballs. No music boxes that others may hear are allowed. Personal CD players/ radios are okay **in team areas only.**
- There is to be no hanging out in residential yards. These yards are private property.
- There is no smoking or pets in the park. Please remind the parents.
- Each team is responsible for clearing their own trash before leaving their area.
- Plastic bottles or cardboard should be placed in the recycle bin and all other items in the dumpster box. **Do not use the Hallmark Park garbage containers by the tennis courts.**
- Medical cards—hard copies are required to be on hand



Course Map

Crystal Springs
High School X-C
Course Map

