

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 23, 2006
SUBJECT: Race Day Instructions

Welcome to the 34th annual San Francisco Cross Country Invitational Meet. This year marks the 28th 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 2.0 mile course maps (F/S) and two 2.8 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::

Alameda	Grace Davis	Monta Vista	Sir Francis Drake
American	Half Moon Bay	Monterey	St Ignatius
Andrew Hill	Homestead	Mountain View	St. Francis-Mt. View
Aragon	Hughson	Newark Memorial	St. Helena
Archbishop Riordan	Independence	Northwood	Stuart Hall
Bellarmino	International	Oakland	Terra Nova
Berkeley	Irvington	Palo Alto	Thomas Downey
Beyer	J.F. Kennedy	Pinewood	Urban
Burton	Justin Siena	Riverbank	Villa Park
Convent of the S.H.	King	S.H. Cathedral	Washington-S.F.
Del Mar	Lick-Wilmerding	Salesian	Watsonville
Edison	Lincoln-S.F.	San Marin	Westmont
El Dorado	Livermore	San Mateo	Westmoor
El Modena	Lowell	Seaside	Willow Glen
Evergreen Valley	Menlo Atherton	Sequoia	Woodside
Fremont	Miramonte	Serra	Woodside Priory
Galileo	Mission	Silver Creek	Yerba Buena

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!

Frosh Boys 1		Frosh Boys 2		F/S Girls 1		F/S Girls 2		
Alameda	6	Edison		2	Alameda	22	Edison	2
American	4	El Dorado		3	American	8	El Dorado	11
Andrew Hill	6	Half Moon Bay		1	Andrew Hill	10	Half Moon Bay	3
Aragon	8	Homestead		7	Aragon	8	Hughson	4
Archbishop Riordan	12	Hughson		4	Berkeley	5	International	6
Bellarmino	34	International		2	Beyer	13	Justin Siena	8
Berkeley	4	International		2	Convent of the S.H.	9	King	16
Beyer	3	Justin Siena		3	El Modena	8	Lick-Wilmerding	10
El Modena	2	King		13	Evergreen Valley	2	Miramonte	43
Evergreen Valley	4	Lick-Wilmerding		4	Fremont	5	Mission	2
Fremont	2	Menlo Atherton		3	Galileo	2	Monta Vista	10
Galileo	1	Miramonte		15	Grace Davis	5	Monterey	2
Grace Davis	3	Mission		4	Independence	1	San Mateo	11
Independence	1	Monta Vista		21	Irvington	13	Silver Creek	8
Irvington	4	Monterey		8	J.F. Kennedy	1	Sir Francis Drake	8
J.F. Kennedy	1	San Mateo		8	Livermore	7	St Ignatius	41
Livermore	6	Serra		14	Lowell	18	St. Francis-Mt. View	33
Lowell	8	Silver Creek		6	Mountain View	12	St. Helena	0
Mountain View	9	Sir Francis Drake		2	Newark Memorial	6	Terra Nova	4
Newark Memorial	2	St Ignatius		28	Palo Alto	17	Thomas Downey	4
Palo Alto	15	St. Helena		0	Pinewood	8	Watsonville	3
Pinewood	2	Stuart Hall		4	Riverbank	6	Willow Glen	11
S.H. Cathedral	15	Terra Nova		4	S.H. Cathedral	7	Woodside Priory	3
Salesian	3	Thomas Downey		4	Salesian	1		
San Marin	5	Watsonville		4	San Marin	7		
Seaside	1	Willow Glen		11	Seaside	9		
Sequoia	2	Woodside Priory		8	Sequoia	4		
Urban	2				Urban	4		
Washington-S.F.	1				Washington-S.F.	1		
Westmont	1			185	Westmont	1		
Westmoor	14				Westmoor	2		
Woodside	3				Woodside	9		
					Yerba Buena	3		
	184					234		243
Soph Boys 1		Soph Boys 2		JV Boys 1		JV Boys 2		
Alameda	14	Edison		1	American	9	Alameda	7
American	7	El Dorado		3	Andrew Hill	17	Aragon	2
Andrew Hill	7	Half Moon Bay		2	Bellarmino	43	Archbishop Riordan	4
Aragon	9	Homestead		9	Berkeley	13	Grace Davis	7
Archbishop Riordan	8	Hughson		10	Del Mar	2	Lick-Wilmerding	6
Bellarmino	34	International		5	El Dorado	1	Lowell	9
Berkeley	6	Justin Siena		3	El Modena	5	Menlo Atherton	2
Beyer	5	King		8	Fremont	8	Miramonte	9
El Modena	5	Lick-Wilmerding		8	Galileo	2	Mission	2
Evergreen Valley	3	Lincoln-S.F.		7	Homestead	4	Monta Vista	27
Fremont	10	Menlo Atherton		10	Hughson	2	Monterey	4
Galileo	4	Miramonte		22	Irvington	8	Mountain View	25
Grace Davis	7	Mission		7	King	10	Newark Memorial	6
Irvington	9	Monta Vista		18	S.H. Cathedral	16	Palo Alto	15
Livermore	2	Monterey		5	Salesian	7	San Mateo	14
Lowell	10	San Mateo		6	San Marin	7	Seaside	10
Mountain View	7	Serra		14	Stuart Hall	11	Sequoia	2
Newark Memorial	4	Silver Creek		6	Washington-S.F.	5	Serra	12
Palo Alto	11	Sir Francis Drake		4	Westmoor	27	Silver Creek	3
Pinewood	4	St Ignatius		18	Willow Glen	6	Sir Francis Drake	4
Riverbank	2	St. Helena		3	Woodside	8	St Ignatius	23
Salesian	1	Stuart Hall		6			Thomas Downey	13
San Marin	3	Terra Nova		2			Villa Park	10
Seaside	3	Thomas Downey		5		211		216
Urban	4	Watsonville		1				
Washington-S.F.	1	Willow Glen		9				
Westmont	6	Woodside Priory		1				
Westmoor	3							
Woodside	4							
	193			193				

Var Girls 1		Var Girls 2		Var Boys 1		Var Boys 2	
Alameda		7 American		7 Alameda		7 American	7
Andrew Hill		7 Aragon		5 Andrew Hill		7 Archbishop Riordan	7
Convent of the S.H.		7 Beyer		7 Bellarmine		7 Berkeley	7
Edison		5 Del Mar		7 Beyer		7 Del Mar	7
El Dorado		7 El Modena		7 El Dorado		7 El Modena	7
Evergreen Valley		7 Fremont		5 Evergreen Valley		7 Fremont	7
Homestead		7 Grace Davis		7 Grace Davis		7 Homestead	7
Hughson		5 Irvington		7 Irvington		7 Hughson	7
King		7 Lick-Wilmerding		7 King		7 Lick-Wilmerding	7
Livermore		7 Lincoln-S.F.		7 Lowell		7 Lincoln-S.F.	7
Lowell		7 Miramonte		7 Menlo Atherton		7 Livermore	7
Mission		7 Monta Vista		7 Monta Vista		7 Miramonte	7
Mountain View		7 Newark Memorial		7 Mountain View		7 Mission	7
Northwood		7 Oakland		5 Northwood		7 Monterey	7
Palo Alto		7 Pinewood		7 Oakland		7 Newark Memorial	7
S.H. Cathedral		7 Salesian		7 Riverbank		7 Palo Alto	7
San Marin		7 San Mateo		7 Salesian		7 S.H. Cathedral	7
Seaside		7 Silver Creek		7 San Mateo		7 San Marin	7
Sir Francis Drake		7 St Ignatius		7 Sequoia		7 Seaside	7
St. Francis-Mt. View		7 Terra Nova		7 Silver Creek		7 Serra	7
Thomas Downey		7 Villa Park		7 St Ignatius		7 Sir Francis Drake	7
Westmoor		7 Willow Glen		7 Thomas Downey		7 Stuart Hall	7
Berkeley		2 Burton		1 Washington-S.F.		7 Villa Park	7
Independence		1 Galileo		1 Willow Glen		7 Westmoor	7
J.F. Kennedy		1 Half Moon Bay		4 Watsonville		6 Terra Nova	6
Riverbank		4 Justin Siena		2 Burton		5 Aragon	5
Sequoia		4 Monterey		4 Pinewood		5 International	5
Urban		1 St. Helena		2 Woodside		5 Urban	5
Washington-S.F.		3 Woodside Priory		3 Justin Siena		4 Westmont	4
Watsonville		3 Yerba Buena		3 Independence		2 Edison	3
Woodside		1		Galileo		1 Woodside Priory	1
		170		168 J.F. Kennedy		1	
						197	197