

# LOWELL HIGH SCHOOL



## *Invitational*

1101 Eucalyptus Drive  
San Francisco, CA 94132  
Phone: 415-759-2730  
August 1, 2022

Dear Cross Country Coaches:

The 49th San Francisco Cross Country Invitational Meet will be held on Saturday, September 10, 2022, at Speedway and Lindley Meadows, in Golden Gate Park. This will mark the 44th year that Lowell High School has sponsored this meet. We would like to thank the San Francisco Recreation & Park Department for their support of this meet.

There will be three divisions for girls (Frosh/Soph, Non Varsity and Varsity) and four divisions for boys (Freshmen, Sophomore, Non Varsity and Varsity). **We will again be finishing all races in Hellman Hollow (aka Speedway Meadow).** The distance is approximately 2.93 miles for Varsity & Non-Varsity races and 2.13 miles for Frosh/Soph races. Most 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.

We will use **MileSplitCA** to collect entries. Every school that has responded to the one of the two July emails will be added to the meet site on **MileSplitCA** by August 2.

If you did not response to the July email, contact Meet Director Andy Leong at "coachaleong@hotmail.com" with the follow information: 1) Name of school. 2) Day/Night ☎#. 4) Tentative number of runners per division that you think you will have. I will determine if I can fit your school into the meet in about 24 hours of your email.

Go to <https://ca.milesplit.com> to enter names and submit entries. Instructions on how to submit names are enclosed. Designate your names to a division but know that my goal is to collecting names from schools with gender and grade levels. Should a runner you put into one division needs to change to another division, you can do this without seeing the computer operator as a runner will be recorded as he/she crosses the finish line. **Deadline to submit will be 1:00 PM on Sunday September 4.** 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 Non-Varsity team can be entered. Teams will be subject to disqualification if they have faster runners on their Non-Varsity teams. **Only seven runners can be entered in the Varsity divisions and we may need to cap the number of runners per race.**

## **Thirteen Race Schedule**

<b>SCHEDULE</b>	<b>TIME</b>	<b># Team Awards</b>	<b># Inv. Awards</b>
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
Non-Var Boys 1	11:30 AM	2	9
Non-Var Boys 2	11:55 AM	2	9
Non-Var. 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

Meet management reserves the right to combine races if the numbers do not support having 13 races. Race assignments will be out by Friday September 9.

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 Non-Varsity Boys will be before the Non-Varsity 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.

## **Fee Schedule**

Entry fees (**based on names submitted**) will be \$15.00 per name. Each school will also be charged a \$25.00 facility fee. The maximum fee a school will pay will be based on the number of names that they are entering. Below is the maximum fee schedule:

<b><u>Number of Names</u></b>	<b><u>Maximum Fee</u></b>
1 – 30	\$370.00
31 – 40	\$385.00
41 – 50	\$400.00
51 – 60	\$415.00
61 – 70	\$430.00
71 – 80	\$445.00
81 – 90	\$460.00
91 – 100	\$475.00
101 – 110	\$490.00
111 – 120	\$505.00
121+	\$520.00

Checks should be made out to "**Lowell High School Track Team**".

**On top of your entry fees above, teams traveling by bus and wishing to park near the meet, must pay \$10/per bus to park in the lot on the Great Highway. Busses will not be allow to park in Golden Gate Park.**

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 allowed to run. A late fee of \$25 will be charged if payment is not received by September 24. If you have questions, please e-mail me at coachaleong@hotmail.com.

## **ON MEET DAY**

- Please obey all traffic rules. Park rangers will be on site and will be enforcing all traffic laws.
- A drop off zone will be created on Kennedy Drive between the opening of Marx Meadow and Hellman Hallow (Speedway Meadow). There will be no parking in this area.
- Bus parking will be available on the Great Highway at the west end of the park. A map is part of the file that was sent to each coach. There will be a \$10/charge per bus.
- Absolutely **no vehicles** are to be in Hellman Hallow (Speedway Meadow) including the bike path. **Violation of this rule could jeopardize your school's participation in the meet.**
- No personal BBQ that requires coal, only propane.
- Permission must be requested if you wish to use a generator by August 15. If permission is granted, the generator must sit on plywood.

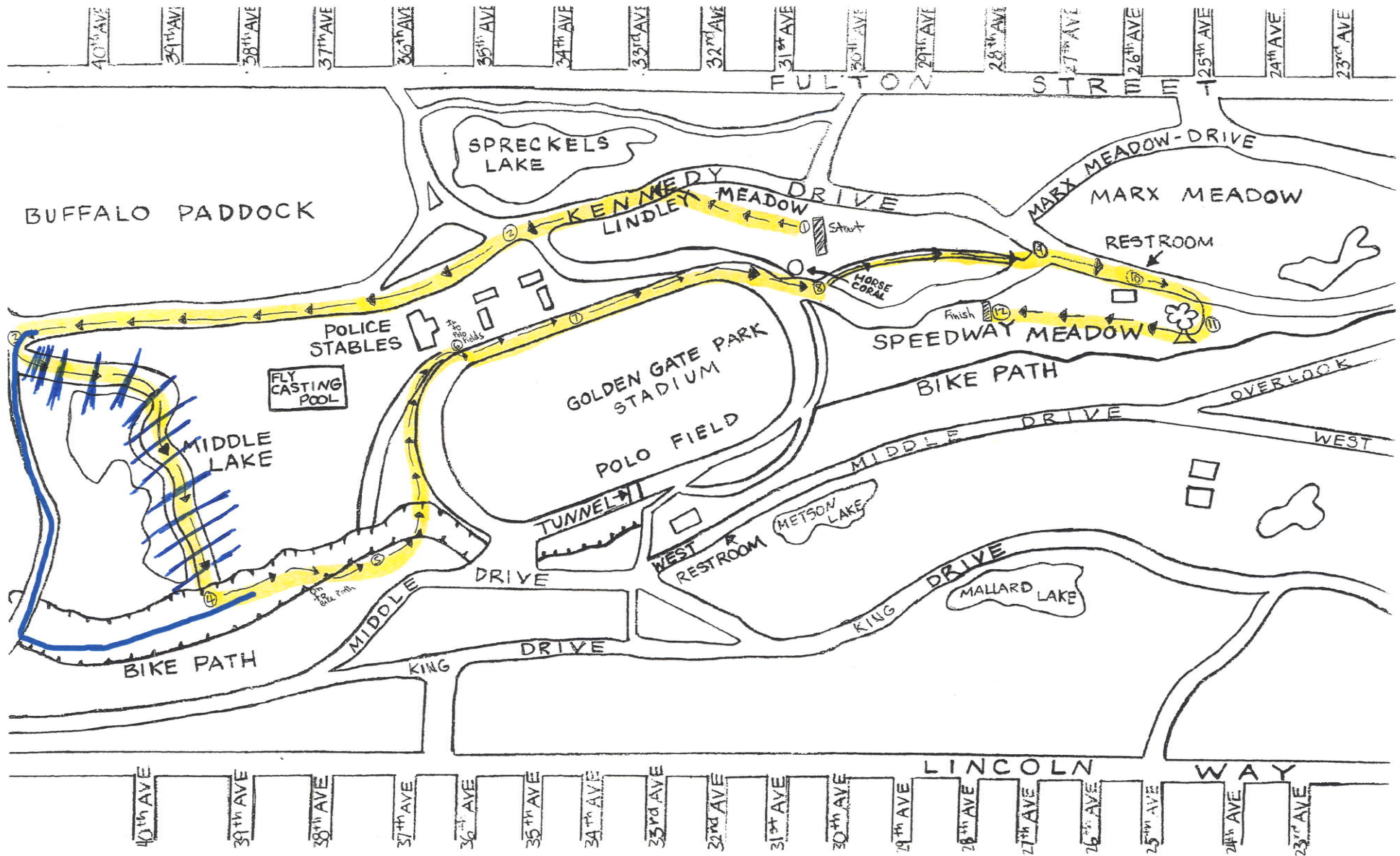
Sincerely,

*Andy Leong*

Andy Leong  
Cross Country & Track Coach/Meet Director

For 2022 Meet Only

# LOWELL INVITATIONAL FROSH-SOPH 2.13 mi. COURSE

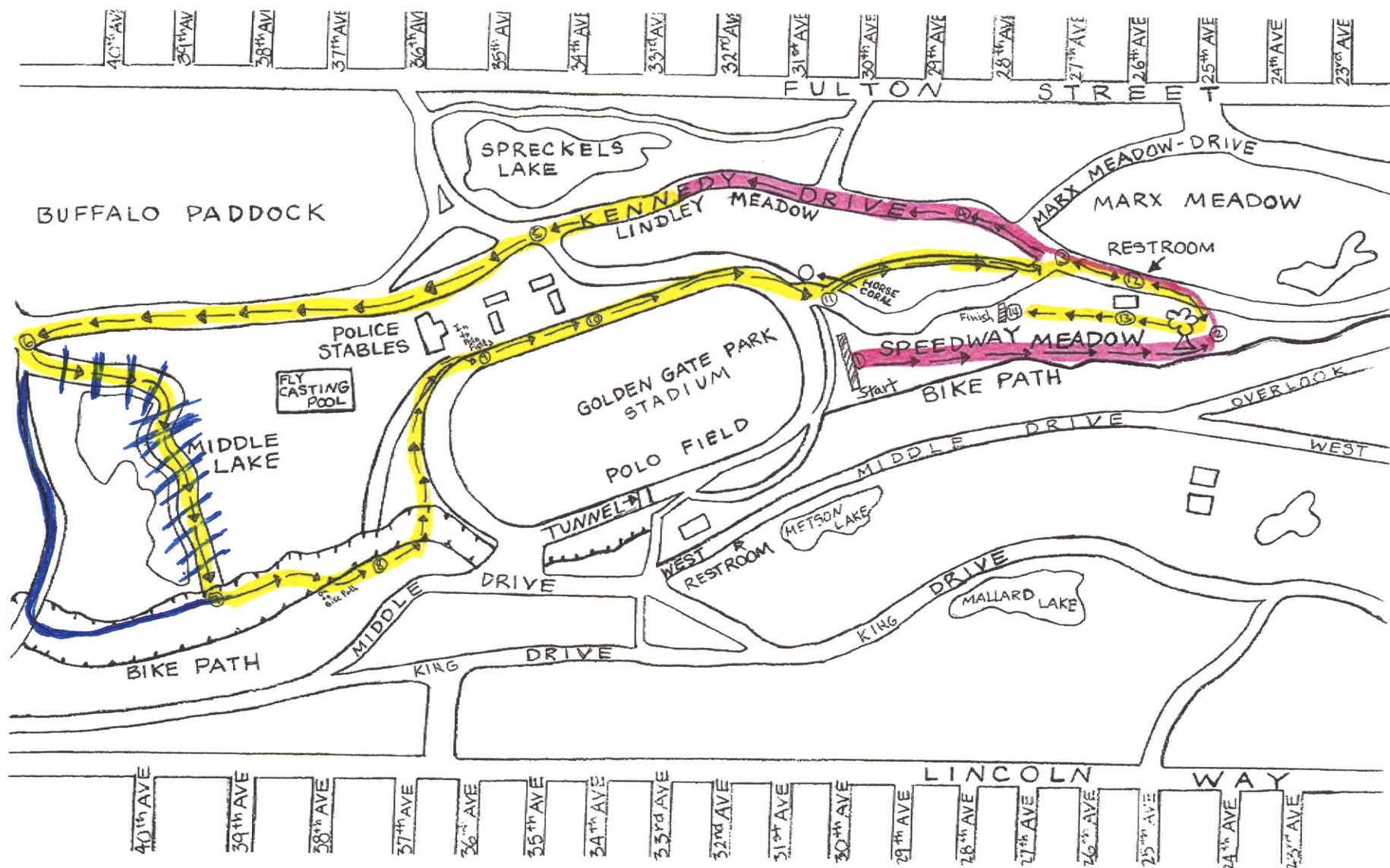


SEQUENCE: 1-2-3-4-5-6-7-8-9-10-11-12



For 2022 Meet Only

# LOWELL INVITATIONAL VARSITY 2.93 mi. COURSE



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



## MileSplit/Record Timing Onboarding Quick Start Guide

In 2021, MileSplit will be the exclusive registration platform for Record Timing for all regular season qualifying meets and postseason meets. Onboarding onto MileSplit can be easily accomplished in three quick and easy steps. Claiming your team, updating your roster, and then entering into meets!

### Claiming Team

1. If you do not already have an account, create a free one at <https://ca.milesplit.com/register>
2. Once your account is created go to <https://ca.milesplit.com/teams>
3. Find your team on the list, click on it, and click the claim team button.

**Helpful Article/Video:** <https://support.milesplit.com/en/a/how-do-i-claim-my-team>

### Updating Your Roster

Update your roster to reflect this year's list of athletes. I.e. Update grad years so that athletes have graduated are removed from your active roster, change their status to inactive if they quit the team, moved away, etc.

**Article/Video:** <https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>

ATHLETE	ROSTER	GENDER	CLASS OF	STATUS
Anderson, Reagan	Cross & Track	F	2020	Active
Asadourian, Connor	Cross & Track	M	2021	Active
Ayala, Grace	Cross & Track	F	2022	Active
Barger, Alexandria	Track	F	--	Active
Bascon, Grace	Cross & Track	F	2021	Active
Beck, Ella	Cross & Track	F	2022	Active
Beckwith, Trevor	Cross & Track	M	2020	Active
Borja, Catley	Cross & Track	F	2021	Active

### Entering a Meet

Once you have claimed your team and made sure your roster is up to date, you are ready to register your team for meets! The walkthrough guide below will take you through the process step-by-step.

**Article/Video:** <https://support.milesplit.com/en/a/how-do-i-enter-my-team-in-a-meet>

\*\*\*If you need any further assistance, please contact [registration@milesplit.com](mailto:registration@milesplit.com).





**FOR MORNING DROP OFF:**  
Enter park at 36<sup>th</sup> or 30<sup>th</sup> Ave

**Drop off & pick up here**

**After drop off, head west towards Transverse Drive.**

**Hellman Hollow**

**Head west on JFK Dr towards Hellman Hollow for pick up**

**STAGING AREA for busses at Ocean Beach parking lot**

**FOR PICK UP:**  
Enter park at Chain of Lakes Dr