



LAGOON VALLEY CLASSIC INVITATIONAL
SATURDAY, SEPTEMBER 7, 2019



Dear Coach-

Welcome to the 2019 Lagoon Valley Classic Cross Country Invitational! New Balance and Fleet Feet of Vacaville have graciously partnered with Vacaville High Cross Country in sponsoring this meet. Without a doubt, LVC has the reputation of being one of the most exciting and challenging courses in Northern California. As with last year's meet, Red Cap Timing will be providing **chip timing** to help expedite results and reduce finish line congestion.

Please visit www.athletic.net at your earliest convenience to reserve your spot for this year's event. All meet information will be posted on [athletic.net](http://www.athletic.net) as well as on our website <https://vhs.schoolloop.com/xcountry>. We truly appreciate your interest and support of Vacaville High School and the Lagoon Valley Classic, and we look forward to seeing you on **September 7th**.

Sincerely,

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LAGOON VALLEY CLASSIC INVITATIONAL MEET INFORMATION



LOCATION	Lagoon Valley Park - Vacaville, CA
DATE	Saturday, September 7, 2019
TIMING/RESULTS	Red Cap Timing, Chip Timing
REGISTRATION	All entries will be submitted via www.athletic.net . The deadline for entries is Monday, September 2nd at 11:59 pm PST .
ENTRY FEES	<p>There is an entry fee of \$10 per runner. A maximum of \$300 per High School team and \$150 per Middle School/Club team will be charged. Checks should be payable to Vacaville High School. Entry fees must be paid prior to competition on the day of the meet by bringing the fees to the check-in table at the meet or mailing fees to:</p> <p style="text-align: center;">Lagoon Valley Classic Attn: David Monk Vacaville High School 100 W. Monte Vista Ave. Vacaville, CA 95688</p>
CHECK-IN	The coach's check-in table will be located near the finish line. Race packets will be distributed on race day. Packets will be complete with course maps, bibs, race schedule and chips.
CONCESSIONS	There will be a fully equipped concession stand selling hamburgers, hot dogs, soda, water, sports drinks and other snacks throughout the day.
VENDORS	Race sponsors Fleet Feet and New Balance will have booths for your runners with the latest training shoes and racing flats. Fleet Feet and New Balance will email participating schools a special flyer with race day discounts prior to the meet.
T-SHIRTS	Commemorative tech t-shirts will be on sale for \$20 near the concession stand.
FIRST AID	Qualified personnel will be available at the finish line to provide any first aid needs for your runners. Coaches are responsible for general first aid supplies (band aids, tape, etc.). In the past, temperatures in Vacaville in September have reached upwards of 100 degrees. We advise you to remind your athletes about the importance of hydration prior to the meet.

RACE COURSE

All race courses feature wide groomed dirt trails with approximately 200 meters of blacktop. Two aggressive hills, Big Momma and Little Sister, are located in the first and second mile for the 2-mile course and first and third mile for the 3-mile course. All courses will be marked with white chalk and arrows. The course will have experienced helpers to guide the runners in the right direction. Lead and trail bikers will also be provided to ensure that all athletes race the appropriate course.

1.5 MILES Middle School/Club Boys and Girls

2 MILES Freshmen Boys
Frosh/Soph Boys and Girls
Junior Varsity Boys and Girls
Open/Coaches Race

3 MILES Varsity Boys and Girls

All courses are extremely spectator friendly. You can see about 80% of the course from the start/finish area. There are several areas for cheering runners on throughout the race. Maps are located on the back of the program.

SCORING

Traditional invitational scoring will be used. The first 5 runners from a team score with the 6th and 7th runners displacing other teams' athletes. In the event of a tie, the 6th runner will be used as a tiebreaker. Runners not on a team with 5 athletes will not be factored into the team scoring and will be removed from that portion of the team results.

ENTRIES

Because of the size of some of the frosh/soph and JV races, the entry limit for the varsity races has been increased to ten runners. All teams must field a full varsity team (no less than seven runners but no more than ten runners) before entering a freshman boys, frosh/soph or JV team. While we understand that our invitational is early in the season, please use discretion when entering your athletes in the meet. Teams/runners in the lower division races that are significantly faster than your varsity teams/runners will be subject to review and/or disqualification.

RESULTS

Results will be posted on the large white truck near the awards table. Results of each race will be posted as soon as scoring is completed. Full results will be available on www.redcaptiming.com and www.prepcaltrack.com. Please allow 24 to 48 hours for publication.

AWARDS

This year, race medals will be given out at the awards table located near the finish line. Coaches may pick up their medal packet at the end of the meet.

Middle School: Top 40 runners receive individual medals.

Freshmen: Top 40 runners receive individual medals.

Frosh/Soph: Top 40 runners receive individual medals.

Junior Varsity: Top 40 runners receive individual medals.

Varsity: Top 40 runners receive individual medals.

TEAM AWARDS

Varsity teams will be divided into large and small schools for team awards. The top 3 teams from each will receive medals for their 7 runners. Divisions 1 and 2 schools will compete for the large school team medals. Divisions 3, 4 & 5 will compete for the small school team medals. In addition, the top 3 varsity girls and boys team times overall will receive additional awards from New Balance/Fleet Feet.

COACHES RACE

Though running the race alone should be reward enough, all participants will receive a small award at the finish line. Sign up for the race the old-fashioned way at the coach's check-in table.

PARKING

The city of Vacaville charges \$5 per car to enter the park. Please make sure to communicate with your parents about this parking fee. There will be bus parking in the park at no charge.

******PLEASE ALLOW EXTRA TIME TO GET TO LAGOON VALLEY PARK. TRADITIONALLY, TRAFFIC BACKS UP ON LAGOON VALLEY RD. PLEASE TAKE THIS INTO CONSIDERATION WHEN COMMUNICATING LEAVE TIMES FOR YOUR COACHES, ATHLETES AND PARENTS.**

DIRECTIONS

From Sacramento: Westbound I-80 to Lagoon Valley Rd exit. Turn left at the top of the off ramp. Proceed approximately ½ mile to the service entrance. Turn left and follow signs to the parking area.

From Bay Area: Eastbound I-80 to Lagoon Valley Rd exit. Turn right at top of ramp. Proceed approximately ½ mile to the service entrance. Turn left and follow signs to the parking area.

BUS/COACH DIRECTIONS

All head coaches & team buses will be able to enter Lagoon Valley Park through the Pena Adobe entrance until 7:30am. Please note that only one head coach will be able to enter the park through this entrance per school. There will be a volunteer at this gate with a list of head coaches from athletic.net. Please note that this gate will close promptly at 7:30am and the list of head coaches will be strictly enforced. NO EXCEPTIONS!

From Sacramento: Westbound I-80 to Pena Adobe Rd. exit. Turn right onto Pena Adobe Rd. Go over the freeway and the park entrance will be on the left.

From Bay Area: Eastbound I-80 to Pena Adobe Rd. At the stop sign, go straight to enter the park.



LAGOON VALLEY CLASSIC INVITATIONAL RACE SCHEDULE**



<u>RACE TIME</u>	<u>RACE</u>	<u>RACE DISTANCE</u>	<u>ENTRY LIMIT</u>
7:45 am	Coaches Meeting at the Finish Line		
8:00 am	Middle School/Club Boys	1.5 Miles	Unlimited
8:15 am	Middle School/Club Girls	1.5 Miles	Unlimited
8:30 am	Freshmen Boys	2 Miles	Unlimited
8:45 am	Frosh/Soph Girls	2 Miles	Unlimited
9:00 am	Frosh/Soph Boys	2 Miles	Unlimited
9:25 am*	Varsity Girls - Large School	3 Miles	10 Runners
10:00 am*	Varsity Girls - Small School	3 Miles	10 Runners
10:35 am*	Varsity Boys - Large School	3 Miles	10 Runners
11:05 am*	Varsity Boys - Small School	3 Miles	10 Runners
11:30 am Unlimited	Junior Varsity Girls	2 Miles	
11:45 am	Junior Varsity Boys	2 Miles	Unlimited
12:00 pm	Open/Coaches Race	2 Miles	Unlimited

*Races may be combined pending number of entries on race day

**Race schedule may be modified

ON-LINE REGISTRATION INSTRUCTION SHEET

LAGOON VALLEY CLASSIC

This page will instruct you on how to sign-up for the Lagoon Valley Classic using www.athletic.net. All entries will be downloaded by event from this web site.

The following is information on how to:

- Sign Up for team page access
- Edit your team calendar/schedule
- Edit/maintain your roster, including entering athletes into each meet
- Edit school info

If you have already Signed Up, skip to Step B, otherwise start from Step A.

Sign Up for team page access

Go to www.athletic.net/CrossCountry/California/

Scroll to bottom to click on your section

Scroll to bottom to click on your school (by Division and League)

Click "Sign Up Here" for coach access (right hand side of page)

Enter mail & phone #. Click "continue"

Enter your name, password, & position. Click "continue"

Check agreement box and click "continue"

A confirmation e-mail will be sent. After you receive it, click the link in the message to activate. Complete the activation process.

Login e-mail and password

Edit your team calendar/schedule – You may do this for:

Only events that require it (Lagoon Valley Classic, SJS Subs & Sections etc.)

Or

Your season schedule

Edit/maintain your roster

Add/delete athletes to maintain roster

For each meet you can select/de-select runners to compete by race

D. Edit school info – General school and coaching info