



FINAL INFORMATION PACKET

VERSION 1.0 - 10/20/21 @ 7:00 PM

The World's Largest Cross Country Competition



This important FINAL INFORMATION PACKET contains:

- TEAM RED BULLETIN •
- SPECTATOR RED BULLETIN •
- FINAL TEAM INFORMATION •
- MEDICAL INFORMATION •
- RACE SCHEDULE •
- MEET PROGRAM •
- BUS MAP •
- COURSE MAPS •

At this point, any questions or discrepancies will be handled on race day at the PROBLEM SOLVING AREA.
Please report any issues prior to the affected race.

Thank you very much for your support of the Mt. SAC Cross Country Invitational!

Helpful Website QR Codes

All page links can be found at:
[https://www.athletic.net/
CrossCountry/meet/191847/info](https://www.athletic.net/CrossCountry/meet/191847/info)



MEET PROGRAM
Schedule | Race Entries | Map



TEAM ENTRY LISTS
Runner list with races entered



RESULTS
Available 15 minutes after race

VERY VERY IMPORTANT REMINDER!

1. Please make sure that your runner receives the correct bib number!
2. Bib numbers are unique for each runner and are listed on your Team Entry List sheet.

LIGHTSONSITES.COM

IT'S GO TIME

WHAT IS LIGHTSONSITES.COM?

LightOnSites.com is a Web-based Facility Control and Scheduling System that works on any Web-enabled device. The system **schedules, controls and bills** for use of Facilities within Entities (Cities, School Districts, HOAs and more – *public and private*). Control as many Facilities as needed for Individuals and Groups like:

- Recreational ball fields, tennis courts, riding rings, picnic facilities
- Security lighting and parking areas
- Building and bathroom locking
and more!

WHO CAN USE LIGHTSONSITES.COM?

Anyone with an email account and Web access can use LightsOnSites – right at the Site. At a base level everyone is a User. As an Administrator of an Entity (City, School District, HOA and more), you can manage large User Groups for Scheduled Reservations. Give User Groups, like teams, permissions for designated levels of Facility Control based on your specific requirements.

BENEFITS TO YOU & YOUR COMMUNITY

- **Pay-to-Play** – charge Individual and Group Users for **only** the time they use facilities and, keep Facilities from running when not in use.
- **Integrates with Reservations Systems** – LightsOnSites.com easily works with your existing reservations and allows you to manage scheduled events for all your User Groups.
- **Easy to Bill** – tell us how you want billing set up and we'll take care of it – there's no liability for taking payments.
- **Easy for Groups, Teams and Individuals** – No more codes or coins. Everything is automated online and you designate your Groups' permissions as you see fit. Individual Users can sign-up and pay-to-play in seconds.
- **Phone and On-site Support** – Access support during operations of use & as needed on-site.
- **Recover Setup Costs** – in as little as one year.

EASY-TO-USE • NO DOWNLOADS • NO APP • JUST SIGN-UP & PLAY!

CALL FOR PRICING & INFORMATION 714.257.0520



AN INNOVATION FROM

**GOTIME
CONTROL**INC.

RECREATIONAL SITE CONTROLS | PO BOX 9582 • BRE, CA, 92822 • 714-257-0520 • WWW.LIGHTSONSITES.COM

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**TEAM
RED BULLETIN**
VERY IMPORTANT INFORMATION...
that's why it's RED

The World's Largest Cross Country Competition



ARRIVAL INFORMATION

1. All Cross Country Invitational Parking will be in Lot F and Lot H (if Lot F is filled).
2. **NO EVENT PARKING** allowed south of Temple Avenue (Champion, Gateway, Lot are closed for XC Invite Parking).
3. **Bus Drop Off - Please see enclosed BUS MAP**
3. Teams arriving in school vans and/or personal vehicles will park in Lot F (if space is available).
 - A. Vans may also use the drop off area then park in an available lot.
4. Parking Chargess
 - A. **\$5 charge for ALL vehicles.** No parking charge for school buses or marked school vans.

ENTERING THE STADIUM AND GETTING TO THE COURSE

1. Enter the tunnel on the East side of Lot F to cross Temple Ave. and arrive at the stadium entrance.

PACKET PICK-UP / GATE ADMISSION

1. Team packet pick-up will be at Stadium Gate 1. The packet will contain Athlete Bib Numbers, Coaches Tickets and other important information. Coaches must distribute bibs and coaches tickets **PRIOR** to entering the stadium.
 - A. Athletes must present their bib number to enter stadium
 1. It is **IMPERATIVE** that runners **RUN WITH THE BIB NUMBER THEY WERE ASSIGNED!**
 - a. See **PINK TEAM CONFIRMATION LIST** for what Bib Number an athlete was assigned
 - B. Coaches must use their coaches ticket to enter (*quantity determined by number of teams entered*)

TEAM CAMP, PRE/POST RACE INFORMATION

1. **Team Camps** can be set up either in the grass field south of the stadium scoreboard or on the first floor of the Champions Parking Structure (no tents needed in parking structure). **TEAM CAMPS** are not allowed in **ANY** other areas including stadium, stadium infield or practice track area.
2. **Medical, Awards and Results** will be located on the practice field south of the Scoreboard.
3. **Warm-Up Area** will be on the flex field and practice track.

GREAT NEWS!!!

"New" Hilmer Lodge Stadium has many new conveniences, including triple the number of women's restroom facilities!!! Due to the size of this event, we will still be utilizing Porta Potties for the convenience of runners. We ask that you use Porta Potties only when necessary and help fight the Toilet Paper Gremlin by reading the disclaimer below.



Porta Potty / Toilet Paper Disclaimer:

We strongly recommend that you still bring your own personal toilet paper!!! Although we have tried time and again to keep our restroom facilities stocked, it seems that toilet paper is worth more than gold at our event and mysteriously disappears each year due to the Toilet Paper Gremlin. PLEASE BRING TOILET PAPER!



SPECTATOR RED BULLETIN

VERY IMPORTANT INFORMATION...
that's why it's RED

PLEASE DISTRIBUTE TO YOUR PARENTS
AND SPECTATORS PLANNING TO ATTEND!

The World's Largest Cross Country Competition



ARRIVAL INFORMATION

- All spectators, including those with Handicapped Parking Placards, must park in Lot F or Lot H, if Lot F is filled. (North of Temple Ave. across from the stadium).
- Parking Charegess
 - \$5 charge for ALL vehicles.**

ENTERING THE STADIUM/COURSE

- Enter the tunnel on the East side of Lot F to cross Temple Ave. and arrive at the stadium entrance.
- Stadium NO's! **Sorry... No Pets, Coolers, Glass, Smoking/Vaping allowed inside the stadium.**



Sorry
No Pets/
Allowed

GATE ADMISSION

- Gate admission (available at gate or **ONLINE!**) Use QR Code to the right!
 - \$10 = Adults (13-59 years of age) = \$10
 - \$5 = Seniors (60+ years of age), Children (6-12 years of age, 5 and under free) = \$5, Students with valid ID (high school or college)

TEAM CAMP, PRE / POST RACE INFORMATION

- Team Camps** will be located in grass field south of the stadium scoreboard or on the first floor of the Champion Parking Structure. Please inquire with your coach where your team will be prior to arriving.
- Race information and results can only be found online (see results QR Code)

COURSE VIEWING INFORMATION

Important Note: Although the stadium and most course areas are accessible, we would like to warn individuals, especially those with mobility issues...

- The cross country course has uneven and unpaved surfaces.
- The distance needed to travel from the parking lot, to parts of the cross country course (start/finish lines) could easily exceed distances of over 1.5 miles.
- Due to construction and general safety, spectators may not be dropped off anywhere south of Temple Avenue (same side as course/stadium).
- The **Airstrip, Corridor, Gauntlet and Finish Line** are **off limits to everyone** except race personnel and competitors.
- Due to emergency/operational/safety purposes, Bonita Road and ALL construction areas are closed/off-limits

OTHER NOTES

- Souvenirs, food and beverages will be available for purchase inside the stadium.
- No ATM available. Credit cards and cash are accepted for admission, food/beverages and souvenir purchases.



ONLINE TICKETS
Go Straight to the GATE!



MEET PROGRAM
Schedule | Race Entries | Map





TEAM ENTRY LISTS
Runner list with races entered



RESULTS
Available 15 minutes after race

GOOD NEWS! "New" Hilmer Lodge Stadium" has many new conveniences, including **triple the number of women's restroom facilities!!!** Due to the sheer number of people in attendance, we will be utilizing Porta Potties for the convenience of runners. We ask that spectators, if at all possible, to please use permanent facilities and save Porta Pottie usage for runners.



FINAL INFORMATION

PLEASE READ OVER CAREFULLY

Please see course maps for additional reference.

The World's Largest Cross Country Competition



BOX/PACKET INFORMATION

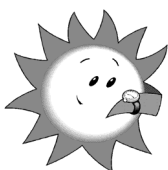


At team check-in, you will receive a box or packet containing bib numbers (*with attached RFID Chips unique to each of your runners*) and a pink team confirmation sheet (races your teams are in and a team roster), along with a final information packet. **There is only one box or packet per school.**



PROBLEMS???

1. Please carefully check over your entries. If you have any name corrections or changes please make those changes at the PROBLEM SOLVING SHED (*see map*).
2. **\$5 cash fee PER change and a \$10 cash fee PER lost bib.**
3. No new additional athletes may be added, only name corrections and substitutions of an existing runner using .
4. All changes must be submitted PRIOR to the start of a race.



WARM UP

1. Please warm up on the practice track or artificial turf field (*see map*)
2. For safety and courtesy reasons, **warm-up is not allowed on the course during other races.**



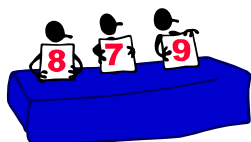
RACE INFORMATION

1. Please check-in at the clerk of the course (*see map*) 30 minutes prior to the actual start of the race where you a color wristband based on your race number.
2. For safety considerations, the following areas are off-limits: Airstrip, Corridor, Gauntlet and Finish Line Area.
3. No spiked shoes (*with or without spikes*) allowed.
4. Safety Gate: Athletes deemed in distress by race personnel (1.5 mile mark or anywhere else on the course) will be escorted off and removed from the race for their safety.



SCORING SYSTEM

Races are scored using a RFID bib chip timing system. Every runner **must run** with the unique bib number assigned to them, on the FRONT of their jersey.



RESULTS

1. Results are only available online (*"Live" and .pdf format available - see Results QR Code*)
2. **All results will be FINAL, one hour after online posting.** Any protests (*coaches only*) should be filed immediately at the Problem Solving Shed (*see map*).

 MT. SAC CROSS COUNTRY INVITATIONAL	
COMMEMORATIVE SOUVENIRS	
NIKE Dry Fit Short Sleeve T-Shirt	\$ 15.00
Long Sleeve T-Shirt	\$ 20.00
NIKE Embroidered Sweatshirt	\$ 45.00
Embroidered Hats	\$20.00
Cowbell Keychain	\$ 5.00
Souvenir Pin	\$ 4.00
+ MORE AT THE SOUVENIR BOOTH	



MEDICAL POLICY AND INFORMATION

PLEASE READ OVER CAREFULLY

The World's Largest Cross Country Competition



MEDICAL POLICY

- The number one priority of our medical staff is to respond to life threatening medical emergencies.
- Non-life threatening/minor injuries (example: scraped knees, minor cuts, etc.) may be treated if resources are available and time allows. Serious injuries take precedence and will be treated first.

COACHES MEDICAL RESPONSIBILITY:

- Bring a well stocked first aid kit with all the necessary supplies to care of your own athletes.
- Bring all athlete emergency information with you. Make sure emergency contact phone numbers and health condition documentation that medical personnel would need to be aware of are included.
- Bring all medications that your athletes require for their medical conditions. Make sure the medication is easily accessible and that you are aware of their location.
- In case of an emergency which requires a hospital visit, please designate an adult from your program (supervising adult, parent of patient) to accompany the ambulance to the hospital.
- **Bring plenty of water and sports drink with you to the meet. Invest in a water jug that will take care of your entire team.** Our water fountains may not suffice for everyone.

ALL OF THE ABOVE SHOULD BE BROUGHT TO THE EVENT SITE AND NOT LEFT ON THE BUS.

- It is important that your athletes eat and drink properly on and before race day.
- Please do not allow an athlete to compete if he/she is injured or ill. By sending them to the start line, the coach has certified that they are healthy and able to participate.

Thank you for your understanding and cooperation.

COACHES MEDICAL CHECKLIST

- ATHLETE EMERGENCY INFORMATION**
medical history, medications, emergency contacts, physician information, insurance information
- ATHLETE MEDICATIONS**
inhalers, pills, other personal medication
- WATER JUG / SUPPLIES /FOOD**
Is your team properly prepared (food/hydration) for a long day ?
- ATHLETE CONDITIONING**
Are they ready to run?
Are they properly hydrated?
Have they had the proper nutrition?
- CoVID**
Follow all CIF Covid-19 Sport Guidelines

If you are missing any of the supplies please make sure that you have them prior to entering the stadium. Thank you for your cooperation!





WHO WILL BE THE NEXT

Foot Locker®

WEST REGIONAL CROSS COUNTRY CHAMPION?



DECEMBER 4, 2021
MT. SAN ANTONIO COLLEGE - WALNUT, CA



Foot Locker®

CROSS COUNTRY CHAMPIONSHIPS

for more information
www.footlockercc.com
909.274.4840



RACE SCHEDULE

HIGH SCHOOL DIVISION

The World's Largest Cross Country Competition



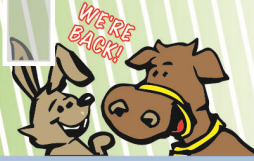
FRIDAY OCTOBER 22, 2021					
#	DIV.	GEN	RACE	COLOR	TIME
1	3	B	Junior Varsity	Red	10:00 AM
2	3	G	Junior Varsity	Yellow	10:08 AM
3	3	B	Freshman	Blue	10:23 AM
4	3	G	Freshman	Green	10:31 AM
5	3	B	Sophomore	Red	10:47 AM
6	3	G	Sophomore	Yellow	10:55 AM
7	3	B	Varsity	Blue	11:11 AM
8	3	G	Varsity	Green	11:19 AM
9	3	B	Varsity	Red	11:33 AM
10	3	G	Varsity	Yellow	11:41 AM
11	3	B	Varsity	Blue	11:55 AM
12	3	G	Varsity	Green	12:03 PM
14	4	B	Freshman	Red	12:17 PM
15	4&5	G	Freshman	Yellow	12:25 PM
16	4&5	B	Sophomore	Blue	12:40 PM
17	4&5	G	Sophomore	Green	12:49 PM
18	5	B	Freshman	Red	1:04 PM
19	4&5	G	Junior Varsity	Yellow	1:12 PM
20	4&5	B	Junior Varsity	Blue	1:29 PM
21	4	G	Varsity	Green	1:42 PM
22	4	B	Varsity	Red	1:56 PM
23	4	G	Varsity	Yellow	2:04 PM
24	4	B	Varsity	Blue	2:18 PM
25	5	G	Varsity	Green	2:26 PM
26	5	B	Varsity	Red	2:40 PM
27	5	G	Varsity	Yellow	2:49 PM
28	5	B	Varsity	Blue	3:04 PM
29	5	B	Varsity	Green	3:17 PM
33	3,4&5	B	Junior Varsity	Red	3:30 PM
34	3,4&5	G	Freshman	Yellow	3:39 PM
35	3,4&5	B	Freshman	Blue	3:53 PM
36	3,4&5	G	Sophomore	Green	4:02 PM
37	3,4&5	B	Varsity	Red	4:18 PM
38	3,4&5	G	Varsity	Yellow	4:27 PM
39	3,4&5	B	Sophomore	Blue	4:41 PM
40	3,4&5	G	JV Sweepstakes	Green	4:50 PM
41	3,4&5	B	JV Sweepstakes	Red	5:04 PM
42	3,4&5	G	Team Sweepstakes	Yellow	5:13 PM
43	3,4&5	B	Team Sweepstakes	Blue	5:27 PM
44	3,4&5	G	Individual Sweepstakes	Green	5:36 PM
45	3,4&5	B	Individual Sweepstakes	Red	5:50 PM

SATURDAY OCTOBER 23, 2021					
#	DIV.	GEN	RACE	COLOR	TIME
51	1&2	B	Freshman	Yellow	7:30 AM
52	1&2	B	Freshman	Blue	7:43 AM
53	1&2	G	Freshman	Green	7:51 AM
54	1&2	B	Sophomore	Red	8:07 AM
55	1&2	B	Sophomore	Yellow	8:21 AM
56	1&2	G	Sophomore	Blue	8:29 AM
57	1&2	B	JV Sweepstakes	Green	8:45 AM
58	1&2	G	JV Sweepstakes	Red	8:53 AM
59	1&2	B	Individual Sweepstakes	Yellow	9:09 AM
60	1&2	G	Individual Sweepstakes	Blue	9:25 AM
61	1&2	B	Team Sweepstakes	Green	9:41 AM
62	1&2	G	Team Sweepstakes	Red	9:57 AM
63	1&2	B	Varsity	Yellow	10:13 AM
64	1&2	G	Varsity	Blue	10:21 AM
65	1&2	B	Junior Varsity	Green	10:36 AM
66	1&2	G	Junior Varsity	Red	10:44 AM
70	1	B	Varsity	Yellow	11:06 AM
71	1	G	Varsity	Blue	11:14 AM
72	1	B	Varsity	Green	11:29 AM
73	1	G	Varsity	Red	11:37 AM
74	1	B	Varsity	Yellow	11:52 AM
75	1	G	Varsity	Blue	12:00 PM
76	1	B	Freshman	Green	12:14 PM
77	1	G	Freshman	Red	12:22 PM
78	1	B	Sophomore	Yellow	12:38 PM
79	1	G	Sophomore	Blue	12:46 PM
80	1	B	Junior Varsity	Green	1:02 PM
81	1	G	Junior Varsity	Red	1:10 PM
85	2	G	Junior Varsity	Yellow	3:10 PM
86	2	B	Junior Varsity	Blue	3:28 PM
87	2	G	Sophomore	Green	3:42 PM
88	2	B	Sophomore	Red	3:58 PM
89	2	G	Freshman	Yellow	4:06 PM
90	2	B	Freshman	Blue	4:22 PM
91	2	G	Varsity	Green	4:36 PM
92	2	B	Varsity	Red	4:51 PM
93	2	G	Varsity	Yellow	4:59 PM
94	2	B	Varsity	Blue	5:14 PM
95	2	G	Varsity	Green	5:22 PM
96	2	B	Varsity	Red	5:39 PM

Denotes race numbering gap



2021



The world's largest cross country invitational

high school division race entries

RACE ENTRY LIST
updated 10/21/2021 6:06:19 PM

Race #1 - 10:00 AM
HS Division 3
Boys JV Open
Red Wristband
3.0 Miles

- Arroyo (em)
Bonita (lv)
Brea Olinda
Buena Park
Calabasas
Cathedral City
Century
Cienega (AZ)
Classical Academy
Corona Del Mar
Damien
Diamond Ranch
Don Lugo
Gabrielino
Golden Valley (bak)
Hesperia
Indian Springs
Jurupa Hills
Los Altos
Mayfair (lak)
Milken Community
Monroe
Monrovia
Oak Park
Oakmont
Pacifica (gg)
Pioneer
Ramona (ram)
Rancho Verde
Santiago (gg)
Savanna
Shadow Hills
Shafter
Simi Valley
South Hills
South Torrance
Temple City
Templeton
West Covina
West Hills
West Torrance
Will C. Wood
Wiseburn - Da Vinci

Race #2 - 10:08 AM
HS Division 3
Girls JV Open
Yellow Wristband
3.0 Miles

- Arroyo (em)
Baldwin Park
Bonita (lv)
Brea Olinda
Buena Park
Cienega (AZ)
Classical Academy
Corona Del Mar
Don Lugo
Half Moon Bay
Hesperia
Indian Springs
Jurupa Hills
Monrovia
Oak Park
Oakmont
Pacifica (gg)
Ramona (ram)
Rancho Verde
Santiago (gg)
Shadow Hills
Shafter
South Torrance
Temple City
Templeton
University City
West Covina
West Hills
West Torrance
Will C. Wood

Race #3 - 10:23 AM
HS Division 3
Boys Frosh
Blue Wristband
3.0 Miles

- Arlington
Arroyo (em)
Baldwin Park
Bonita (lv)
Brea Olinda
Calabasas
Cathedral City
Classical Academy

- Corona Del Mar
Damien
Don Lugo
Gabrielino
Half Moon Bay
Hawthorne
Hesperia
Hoover (gle)
Indian Springs
Mayfair (lak)
Monrovia
Oak Park
Oakmont
Pacifica (gg)
Rancho Verde
San Bernardino
Santa Paula
Savanna
Shadow Hills
Simi Valley
South Hills
South Torrance
Temple City
Templeton
University City
West Covina
West Torrance
Will C. Wood
Wiseburn - Da Vinci

Race #4 - 10:31 AM
HS Division 3
Girls Frosh
Green Wristband
3.0 Miles

- Arlington
Arroyo (em)
Baldwin Park
Bonita (lv)
Brea Olinda
Century
Corona Del Mar
Gabrielino
Hesperia
Hoover (gle)
Indian Springs
Mayfair (lak)
Monrovia
Oak Park
Pacifica (gg)

- Ramona (ram)
San Bernardino
Santa Paula
Shafter
Simi Valley
South Hills
South Torrance
Temple City
University City
West Covina
West Torrance
Will C. Wood
Wiseburn - Da Vinci

Race #5 - 10:47 AM
HS Division 3
Boys Soph
Red Wristband
3.0 Miles

- Arroyo (em)
Baldwin Park
Bonita (lv)
Brea Olinda
Century
Classical Academy
Corona Del Mar
Damien
El Capitan (lak)
Gabrielino
Half Moon Bay
Indian Springs
Los Altos
Mayfair (lak)
Monrovia
Oak Park
Pacifica (gg)
Rancho Verde
San Bernardino
Santa Paula
Savanna
Shafter
South Torrance
Temple City
Templeton
University City
West Covina
West Torrance
Will C. Wood
Wiseburn - Da Vinci

Race #6 - 10:55 AM
HS Division 3
Girls Soph
Yellow Wristband
3.0 Miles

- Arlington
Arroyo (em)
Baldwin Park
Bonita (lv)
Brea Olinda
Corona Del Mar
Gabrielino
Hawthorne
Hoover (gle)
Indian Springs
Los Altos
Mayfair (lak)
Monrovia
Pacifica (gg)
Pioneer
Rancho Verde
San Bernardino
Santa Paula
Shafter
South Torrance
Temple City
West Covina
West Torrance
Will C. Wood
Wiseburn - Da Vinci

Race #7 - 11:11 AM
HS Division 3
Boys Varsity
Blue Wristband
3.0 Miles

- Arlington
Baldwin Park
Buena Park
Century
Classical Academy
Damien
Gabrielino
Hesperia
Indian Springs
John F. Kennedy (fre)
La Habra
Los Altos
Norwalk

results on the web at: https://finishedresults.com/meets/3069

high school division race entries

RACE ENTRY LIST

updated 10/21/2021 6:06:20 PM

Orange
 Ramona (ram)
 Rancho Verde
 Rosemead
 San Bernardino
 San Marcos (sb)
 Shafter
 South Hills
 Temple City
 Vista Grande (AZ)
 West Hills

Race #8 - 11:19 AM
HS Division 3
Girls Varsity
Green Wristband
3.0 Miles

Baldwin Park
 Bonita (lv)
 Brea Olinda
 Cathedral City
 Cienega (AZ)
 Diamond Ranch
 Garey
 Golden Valley (bak)
 Hawthorne
 Independence (bak)
 Mayfair (lak)
 Monroe
 Oakland Tech
 Pioneer
 Rosemead
 San Bernardino
 Santana
 Shafter
 South Hills
 Temple City
 Wasco
 West Torrance

Race #9 - 11:33 AM
HS Division 3
Boys Varsity
Red Wristband
3.0 Miles

Artesia
 Bonita (lv)
 Calabasas
 Cienega (AZ)
 Diamond Ranch
 El Capitan (lak)
 Garey
 Independence (bak)
 Mayfair (lak)
 Milken Community
 Oak Park
 Pacifica (gg)
 Ramona (riv)
 Santa Paula
 Santana
 Savanna
 Sierra Vista

South Torrance
 Templeton
 Wasco
 West Torrance
 Wiseburn - Da Vinci

Race #10 - 11:41 AM
HS Division 3
Girls Varsity
Yellow Wristband
3.0 Miles

Buena Park
 Calabasas
 Classical Academy
 Don Lugo
 Half Moon Bay
 Hoover (gle)
 Jurupa Hills
 Milken Community
 Monrovia
 Norwalk
 Oakmont
 Pacifica (gg)
 Ramona (ram)
 Santa Paula
 Santiago (gg)
 Sierra Vista
 Simi Valley
 Sylmar
 Templeton
 West Covina
 Will C. Wood

Race #11 - 11:55 AM
HS Division 3
Boys Varsity
Blue Wristband
3.0 Miles

Arroyo (em)
 Brea Olinda
 Cathedral City
 Corona Del Mar
 Don Lugo
 Golden Valley (bak)
 Half Moon Bay
 Hawthorne
 Hoover (gle)
 Jurupa Hills
 Monroe
 Monrovia
 Oakland Tech
 Oakmont
 Pioneer
 Rancho Alamitos
 Santiago (gg)
 Shadow Hills
 Simi Valley
 Sylmar
 University City
 West Covina
 Will C. Wood

Race #12 - 12:03 PM
HS Division 3
Girls Varsity
Green Wristband
3.0 Miles

Arlington
 Arroyo (em)
 Century
 Corona Del Mar
 El Capitan (lak)
 Gabrielino
 Hesperia
 Indian Springs
 La Habra
 Oak Park
 Orange
 Ramona (riv)
 Rancho Alamitos
 Rancho Verde
 Savanna
 Shadow Hills
 South Torrance
 University City
 Vista Grande (AZ)
 West Hills
 Wiseburn - Da Vinci

Race #14 - 12:17 PM
HS Division 4
Boys Frosh
Red Wristband
3.0 Miles

Azusa
 Bishop Montgomery
 Cabrillo(lom)
 Canoga Park
 Castaic
 Chaminade
 Costa Mesa
 Crawford
 Crean Lutheran
 Don Bosco Tech
 Farmersville
 Foothill Technology
 Harvard Westlake
 Jsserra
 La Salle
 Laguna Hills
 Marshall Fundamental
 Nordhoff
 Northview
 Notre Dame (so)
 Ocean View
 Rim Of The World
 Salesian
 San Luis Obispo
 San Marino
 Serra (sd)
 St. Francis (lc)
 Tehachapi
 Whitney

Race #15 - 12:25 PM
HS Division 4&5
Girls Frosh
Yellow Wristband
3.0 Miles

Academy For Academic Excellence
 Alverno
 Azusa
 Bishop Alemany
 Bishop Amat
 Bishop Montgomery
 Bret Harte
 Buckley
 Cabrillo(lom)
 Calvary Chapel (dow)
 Calvary Chapel(sa)
 Central City Value
 Central Valley Christian
 Chaminade
 Convent & Stuart Hall
 Costa Mesa
 Crawford
 Excelsior Education Center
 Farmersville
 Flintridge Prep
 Flintridge Sacred Heart
 Foothill Technology
 Gladstone
 Harvard Westlake
 Hawthorne Math & Science
 Immaculate (la)
 Jsserra
 La Salle
 Laguna Hills
 Liberty Madera
 Lifeline Education Charter
 Maranatha Christian
 Marymount
 Nordhoff
 Northview
 Notre Dame (so)
 Notre Dame(riv)
 Ocean View
 Pacifica Christian (nb)
 Ramona Convent
 Rim Of The World
 Sacred Heart Of Jesus
 Samueli Academy
 San Dimas
 San Gabriel Mission
 San Luis Obispo
 Santa Clara (oxn)
 St. Anthony (lb)
 St. Pius X - St. Matthias Academ
 Tri-city Christian
 Valley Christian (cer)

Race #16 - 12:40 PM
HS Division 4&5
Boys Soph
Blue Wristband
3.0 Miles

Aquinas
 Bassett
 Bishop Montgomery
 Buckley
 Cabrillo(lom)
 California Lutheran
 Calvary Chapel (dow)
 Central City Value
 Convent & Stuart Hall
 Costa Mesa
 Crawford
 Crean Lutheran
 Don Bosco Tech
 Excelsior Education Center
 Farmersville
 Flintridge Prep
 Foothill Technology
 Geffen Academy
 Harvard Westlake
 Hawthorne Math & Science
 Heritage Christian
 Jsserra
 La Jolla Country Day
 La Salle
 Laguna Hills
 Malibu
 Mater Dei (sd)
 Nordhoff
 Northview
 Notre Dame(riv)
 Ocean View
 Pacifica Christian (nb)
 Paraclete
 Sage Hill
 Samueli Academy
 San Dimas
 San Luis Obispo
 Santa Clara (oxn)
 St. Francis (lc)
 St. Monica Academy
 St. Pius X - St. Matthias Academ
 Tehachapi
 Thacher
 Trinity Classical Academy
 Valley Christian (cer)
 Village Christian
 Whittier Christian

Race #17 - 12:49 PM
HS Division 4&5
Girls Soph
Green Wristband
3.0 Miles

Alverno
 Bishop Amat
 Bishop Montgomery
 Bret Harte
 Castaic
 Convent & Stuart Hall
 Costa Mesa
 Excelsior Education Center
 Flintridge Prep
 Flintridge Sacred Heart

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Foothill Technology
Gladstone
Harvard Westlake
Hawthorne Math & Science
Hesperia Christian
Jserra
La Salle
Laguna Hills
Liberty Madera
Lifeline Education Charter
Marymount
Nordhoff
Northview
Oakwood (nh)
Ocean View
Rim Of The World
Samueli Academy
San Gabriel Mission
San Luis Obispo
Serra (sd)
St. Pius X - St. Matthias Academ
Tehachapi
United Christian Academy
Valley Christian (cer)
Village Christian
Whitney

Race #18 - 1:04 PM

HS Division 5

Boys Frosh

Red Wristband

3.0 Miles

Academy For Academic Excelle
Aquinas
Buckley
California Lutheran
Calvary Chapel (dow)
Central City Value
Central Valley Christian
Convent & Stuart Hall
Entrepreneur
Flintridge Prep
Geffen Academy
Hawthorne Math & Science
Heritage Christian
Hesperia Christian
La Jolla Country Day
Loma Linda Academy
Malibu
Maranatha
Notre Dame(riv)
Oakwood (nh)
Pacifica Christian (nb)
Paraclete
Sage Hill
Samueli Academy
Santa Clara (oxn)
St. Monica Academy
St. Pius X - St. Matthias Academ
Tri-city Christian
United Christian Academy
Valley Christian (cer)
Village Christian

Whittier Christian

Race #19 - 1:12 PM

HS Division 4&5

Girls JV Open

Yellow Wristband

3.0 Miles

Aquinas
Avalon
Banning (ban)
Bishop Amat
Bishop Montgomery
Buckley
Cabrillo(lom)
Calvary Chapel (dow)
Canoga Park
Castaic
Convent & Stuart Hall
Costa Mesa
Crean Lutheran
Flintridge Prep
Flintridge Sacred Heart
Foothill Technology
Harvard Westlake
Hawthorne Math & Science
Immaculate (la)
Jserra
Laguna Hills
Liberty Madera
Louisville
Marymount
Mayfield
Nordhoff
Northview
Notre Dame (so)
Ocean View
Ontario Christian
Oxford Academy
Pomona Catholic
Ramona Convent
Rosary Ful
Sage Hill
San Luis Obispo
St. Joseph (lak)
St. Margarets
Westridge

Race #20 - 1:29 PM

HS Division 4&5

Boys JV Open

Blue Wristband

3.0 Miles

Academy For Academic Excelle
Aquinas
Avenal
Azusa
Banning (ban)
Bassett
Bishop Alemany
Bishop Amat
Bishop Montgomery
Blair

Bret Harte
Buckley
Calvary Chapel (dow)
Calvary Chapel(sa)
Central Valley Christian
Chaminade
Chandler Preparatory(AZ)
Convent & Stuart Hall
Crawford
Crean Lutheran
Crespi
Don Bosco Tech
Entrepreneur
Flintridge Prep
Foothill Technology
Geffen Academy
Harvard Westlake
Hawthorne Math & Science
Heritage Christian
High Tech (cv)
Jserra

La Jolla Country Day
Laguna Hills
Liberty Madera
Marshall Fundamental
Mary Star Of The Sea
Nordhoff
Northview
Notre Dame (so)
Oakwood (nh)
Ocean View
Ontario Christian
Oxford Academy
Paraclete
Sage Hill
Samueli Academy
San Dimas
San Luis Obispo
San Marino
Santa Clara (oxn)
St. Francis (lc)
St. Margarets
St. Monica Academy
Thacher
Valley Christian (cer)
Whitney

Race #21 - 1:42 PM

HS Division 4

Girls Varsity

Green Wristband

3.0 Miles

Banning (ban)
Bassett
Bishop Montgomery
Bishop Union
Castaic
Crawford
Crean Lutheran
Escalon
Excelsior Education Center
Flintridge Sacred Heart
Ganessa

Immaculate (la)
La Salle
Marshall Fundamental
Marymount
Mendez LC
Notre Dame (so)
Rim Of The World
Rosary Ful
San Marino
South Anchorage (AK)
Tahoe-truckee
Whitney

Race #22 - 1:56 PM

HS Division 4

Boys Varsity

Red Wristband

3.0 Miles

Avenal
Azusa
Barstow
Bishop Amat
Bishop Montgomery
Canoga Park
Chaminade
Costa Mesa
Don Bosco Tech
Farmersville
Ganessa
Gladstone
Jserra
La Salle
Marshall Fundamental
Mission Oak
Northview
Notre Dame (so)
Ocean View
San Dimas
San Marino
South Anchorage (AK)
Tehachapi

Race #23 - 2:04 PM

HS Division 4

Girls Varsity

Yellow Wristband

3.0 Miles

Azusa
Barstow
Bishop Amat
Canoga Park
Carpinteria
Chaminade
Costa Mesa
Farmersville
Foothill Technology
Gladstone
Harvard Westlake
Jserra
Laguna Hills
Louisville
Mayfield

Mission Oak
Nordhoff
Ocean View
San Dimas
San Luis Obispo
Serra (sd)
St. Joseph (lak)
Tehachapi

Race #24 - 2:18 PM

HS Division 4

Boys Varsity

Blue Wristband

3.0 Miles

Banning (ban)
Bassett
Bishop Alemany
Bishop Union
Cabrillo(lom)
Carpinteria
Castaic
Crawford
Crean Lutheran
Escalon
Excelsior Education Center
Foothill Technology
Harvard Westlake
Laguna Hills
Mendez LC
Nordhoff
Rim Of The World
Salesian
San Luis Obispo
Serra (sd)
St. Francis (lc)
Tahoe-truckee
Whitney

Race #25 - 2:26 PM

HS Division 5

Girls Varsity

Green Wristband

3.0 Miles

Archer
Bethel Christian (riv)
Bret Harte
Buckingham Charter
California Lutheran
Calvary Chapel(sa)
Central Valley Christian
Chandler Preparatory(AZ)
Convent & Stuart Hall
Frazier Mountain
Geffen Academy
Hawthorne Math & Science
La Jolla Country Day
Loma Linda Academy
Malibu
Maranatha Christian
Mary Star Of The Sea
Notre Dame(riv)
Ontario Christian

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Pacifica Christian (nb) Paraclete Sacred Heart Of Jesus Sage Hill Samueli Academy San Gabriel Mission St. Anthony (lb) St. Margarets St. Monica Academy Thacher Trinity Classical Academy Valley Christian (cer) Village Christian Webb Whittier Christian	Holtville Lifeline Education Charter Lucerne Valley Mammoth Maranatha North Tahoe Oakwood (nh) Oxford Academy Pomona Catholic Ramona Convent Saint Jeanne De Lestonnac Santa Clara (oxn) Sierra Canyon St. Joseph(ala) St. Paul St. Pius X - St. Matthias Academ Temecula Prep Tri-city Christian United Christian Academy Vasquez Westridge Wildwood	Entrepreneur Hawthorne Math & Science Lifeline Education Charter Loma Linda Academy Lucerne Valley Maranatha Notre Dame(riv) Oakwood (nh) Paraclete Samueli Academy Sierra Canyon St. Margarets St. Monica Academy Thacher Trinity Classical Academy Valley Christian (cer)	Notre Dame Academy (la) Oaks Christian Pasadena Rowland Santa Margarita South Pasadena Torrance Viewpoint Windward Yorba Linda Yosemite	Carondelet Fillmore Francis Parker Granite Hills (av) La Mirada Mission Viejo Moorpark Nipomo North Torrance Notre Dame Academy (la) Oaks Christian Rowland Santa Margarita South Pasadena Torrance Wilson (hh) Yorba Linda Yosemite
Race #26 - 2:40 PM HS Division 5 Boys Varsity Red Wristband 3.0 Miles Academy For Academic Excelle Avalon Bret Harte California Lutheran Calvary Chapel(sa) Central Valley Christian Crespi Flintridge Prep Frazier Mountain Hesperia Christian La Jolla Country Day Malibu Mammoth Maranatha Christian Mary Star Of The Sea Ontario Christian Sage Hill St. Anthony (lb) St. Paul St. Pius X - St. Matthias Academ Sun Valley Magnet Tri-city Christian United Christian Academy Webb	Race #28 - 3:04 PM HS Division 5 Boys Varsity Blue Wristband 3.0 Miles Aquinas Blair California School For The Deaf (Calvin Christian Campbell Hall Chandler Preparatory(AZ) Geffen Academy Heritage Christian High Tech (cv) Holtville Legacy College Prep Midland New Roads North Tahoe Oxford Academy Pacifica Christian (nb) Saint Jeanne De Lestonnac Santa Clara (oxn) St. Joseph(ala) Temecula Prep Vasquez Village Christian Wildwood	Race #33 - 3:30 PM HS Division 3,4&5 Boys JV Open Red Wristband 3.0 Miles Burrough(rid) Canyon (cc) Cathedral (la) Fillmore Granite Hills (av) High Tech (sm) La Mirada Littlerock Moorpark North Torrance Pacifica Christian (sm) Providence Rowland Sonora (lh) Wilson (hh) Windward Xavier College Prep (pd) Yorba Linda Yosemite	Race #35 - 3:53 PM HS Division 3,4&5 Boys Frosh Blue Wristband 3.0 Miles Agoura Beverly Hills Buena Burrough(rid) Canyon (cc) Capo Valley Cathedral (la) Chadwick Esperanza Fillmore Francis Parker Granite Hills (av) High Tech (sm) High Tech (sm) La Canada La Mirada Mission Viejo Moorpark North Torrance Oaks Christian Palos Verdes Pasadena Rowland Santa Margarita Servite Sonora (lh) South Pasadena St. John Bosco Torrance Viewpoint Wilson (hh) Windward Xavier College Prep (pd) Yorba Linda Yosemite	Race #37 - 4:18 PM HS Division 3,4&5 Boys Varsity Red Wristband 3.0 Miles Beverly Hills Canyon (cc) Chino Dos Pueblos Esperanza Granite Hills (av) High Tech (sm) La Canada La Costa Canyon La Jolla La Mirada Littlerock Moorpark Nipomo North Torrance Pacific Ridge Pasadena Poly Whittier Xavier College Prep (pd) Yorba Linda Yosemite
Race #27 - 2:49 PM HS Division 5 Girls Varsity Yellow Wristband 3.0 Miles Academy For Academic Excelle Alverno Aquinas Avalon Blair California School For The Deaf (Campbell Hall Central City Value Entrepreneur Flintridge Prep Heritage Christian	Race #29 - 3:17 PM HS Division 5 Boys Varsity Green Wristband 3.0 Miles Bethel Christian (riv) Big Valley Christian Buckingham Charter Central City Value Convent & Stuart Hall	Race #34 - 3:39 PM HS Division 3,4&5 Girls Frosh Yellow Wristband 3.0 Miles Agoura Beverly Hills Canyon (cc) Capo Valley Carondelet Chadwick Dos Pueblos Esperanza Fillmore Francis Parker Granite Hills (av) La Mirada Mission Viejo Moorpark North Torrance	Race #36 - 4:02 PM HS Division 3,4&5 Girls Soph Green Wristband 3.0 Miles Agoura Beverly Hills Canyon (cc) Capo Valley	Race #38 - 4:27 PM HS Division 3,4&5 Girls Varsity Yellow Wristband 3.0 Miles Big Bear Buena Capistrano Valley Christian Fillmore Francis Parker Granite Hills (av) High Tech High (sd) Hilltop La Mirada Littlerock Moorpark

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Nipomo
Notre Dame Academy (la)
Pacifica Christian (sm)
Pasadena
Rowland
Vacaville Christian
West Valley (AK)
Whittier
Wilson (hh)
Windward

Race #39 - 4:41 PM

HS Division 3,4&5

Boys Soph Blue Wristband

3.0 Miles

Agoura
Beverly Hills
Burrough(rid)
Canyon (cc)
Capo Valley
Cathedral (la)
Chino
Dos Pueblos
Esperanza
Fillmore
Francis Parker
La Canada
La Mirada
Mission Viejo
Moorpark
North Torrance
Palos Verdes
Pasadena
Rowland
Santa Margarita
Servite
Sonora (lh)
South Pasadena
St. John Bosco
Torrance
Wilson (hh)
Yorba Linda
Yosemite

Race #40 - 4:50 PM

HS Division 3,4&5

Girls JV Sweeps Green Wristband

3.0 Miles

Agoura
Buena
Burrough(rid)
Canyon (cc)
Capo Valley
Carondelet
Cathedral Catholic (sd)
Chadwick
Chino
Esperanza
Fillmore
Francis Parker

High Tech (sm)
La Canada
La Mirada
La Reina
Mission Viejo
Moorpark
North Torrance
Oaks Christian
Palos Verdes
Pasadena
Pasadena Poly
Rowland
Santa Margarita
Sonora (lh)
South Pasadena
St. Lucys
Torrance
Viewpoint
Wilson (hh)
Xavier College Prep (pd)
Yorba Linda

Race #41 - 5:04 PM

HS Division 3,4&5

Boys JV Sweeps Red Wristband

3.0 Miles

Agoura
Big Bear
Buena
Capo Valley
Cathedral Catholic (sd)
Chadwick
Crossroads
Francis Parker
La Canada
Mission Viejo
Palos Verdes
Pasadena
Pasadena Poly
Santa Margarita
Servite
South Pasadena
St. Augustine
St. John Bosco
Torrance
Viewpoint

Race #42 - 5:13 PM

HS Division 3,4&5

Girls Team Sweepstakes Yellow Wristband

3.0 Miles

Capo Valley
Carondelet
Cathedral Catholic (sd)
Chadwick
Crossroads
Dos Pueblos
La Canada
La Costa Canyon
Mission Viejo

North Torrance
Oaks Christian
Pacific Ridge
Palos Verdes
Pasadena Poly
Sage Creek
Torrance
Verdugo Hills
Xavier College Prep (pd)

Race #43 - 5:27 PM

HS Division 3,4&5

Boys Team Sweepstakes Blue Wristband

3.0 Miles

Capo Valley
Cate
Cathedral (la)
Chadwick
Crossroads
Mission Viejo
Oaks Christian
Pacifica Christian (sm)
Palos Verdes
Providence
Rowland
Santa Margarita
Torrance
Verdugo Hills
Viewpoint
West Valley (AK)
Windward

Race #44 - 5:36 PM

HS Division 3,4&5

Girls Individual Sweepsta Green Wristband

3.0 Miles

Agoura
Beverly Hills
Burrough(rid)
Canyon (cc)
Cate
Chino
Esperanza
High Tech (sm)
La Jolla
La Reina
Providence
Santa Margarita
Sonora (lh)
South Pasadena
St. Lucys
Viewpoint
Yorba Linda
Yosemite

Race #45 - 5:50 PM

HS Division 3,4&5

Boys Individual Sweepsta Red Wristband

3.0 Miles

Agoura
Big Bear
Buena
Burrough(rid)
Cathedral Catholic (sd)
Fillmore
Francis Parker
High Tech High (sd)
Hilltop
Pasadena
Sage Creek
Servite
Sonora (lh)
South Pasadena
St. Augustine
St. John Bosco
St. Marys (sto)
Wilson (hh)

Race #51 - 7:30 AM

HS Division 1&2

Boys Frosh Yellow Wristband

3.0 Miles

Aliso Niguel
Beckman
Citrus Valley
Claremont
Cypress
Dana Hills
Delasalle
Foothill (sa)
Fountain Valley
Glendora
Grossmont
Hart
Long Beach Poly
Mira Costa
Rancho Cucamonga
Roosevelt (eas)
Santa Fe
Thousand Oaks
Torrey Pines
Vista Murrieta

Race #52 - 7:43 AM

HS Division 1&2

Boys Frosh Blue Wristband

3.0 Miles

Arcadia
Ayala
Canyon (ana)
Chino Hills
Crescenta Valley
Great Oak
Highland
La Serna
Loyola
Patrick Henry
Peninsula
Redondo

San Marcos (sm)
Santa Barbara
Santiago (cor)
Saugus
Valencia (val)
West Ranch
Westlake

Race #53 - 7:51 AM

HS Division 1&2

Girls Frosh Green Wristband

3.0 Miles

Aliso Niguel
Arcadia
Ayala
Beckman
Canyon (ana)
Chino Hills
Citrus Valley
Claremont
Crescenta Valley
Dana Hills
Foothill (sa)
Fountain Valley
Great Oak
Grossmont
Hart
Highland
J.W. North
La Serna
Long Beach Poly
Mira Costa
Peninsula
Rancho Cucamonga
Redondo
Roosevelt (eas)
Royal
San Marcos (sm)
Santa Barbara
Santiago (cor)
Saugus
Torrey Pines
Valencia (val)
Vista Murrieta
West Ranch
Westlake

Race #54 - 8:07 AM

HS Division 1&2

Boys Soph Red Wristband

3.0 Miles

Aliso Niguel
Arcadia
Ayala
Bellarmine
Crescenta Valley
Cypress
Dana Hills
Delasalle
Foothill (sa)

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Glendora
J.W. North
La Serna
Loyola
Mira Costa
Rancho Cucamonga
Redondo
Royal
Santa Ana
Santa Barbara
Thousand Oaks
Valencia (val)
West Ranch

Race #55 - 8:21 AM
HS Division 1&2
Boys Soph
Yellow Wristband
3.0 Miles

Beckman
Canyon (ana)
Chino Hills
Citrus Valley
Claremont
Fountain Valley
Great Oak
Hart
Highland
Long Beach Poly
Patrick Henry
Peninsula
Roosevelt (eas)
San Marcos (sm)
Santiago (cor)
Saugus
Torrey Pines
Vista Murrieta
Westlake

Race #56 - 8:29 AM
HS Division 1&2
Girls Soph
Blue Wristband
3.0 Miles

Aliso Niguel
Arcadia
Ayala
Beckman
Canyon (ana)
Chino Hills
Citrus Valley
Claremont
Crescenta Valley
Dana Hills
Foothill (sa)
Fountain Valley
Great Oak
Grossmont
Highland
J.W. North
Long Beach Poly
Mira Costa

Patrick Henry
Peninsula
Rancho Cucamonga
Redondo
Roosevelt (eas)
Royal
San Marcos (sm)
Santa Barbara
Santa Fe
Saugus
Thousand Oaks
Valencia (val)
Vista Murrieta
West Ranch
Westlake

Race #57 - 8:45 AM
HS Division 1&2
Boys JV Sweeps
Green Wristband
3.0 Miles

Aliso Niguel
Arcadia
Ayala
Bellarmine
Claremont
Crescenta Valley
Foothill (sa)
Glendora
Great Oak
Loyola
Mira Costa
Patrick Henry
Rancho Cucamonga
Redondo
Roosevelt (eas)
Royal
San Clemente
Santa Barbara
Santiago (cor)
Thousand Oaks
Torrey Pines

Race #58 - 8:53 AM
HS Division 1&2
Girls JV Sweeps
Red Wristband
3.0 Miles

Aliso Niguel
Ayala
Beckman
Chino Hills
Citrus Valley
Claremont
Dana Hills
Foothill (sa)
Great Oak
La Serna
Long Beach Poly
Mira Costa
Rancho Cucamonga
Redondo

Roosevelt (eas)
Santa Fe
Santiago (cor)
Saugus
Torrey Pines
West Ranch
Westlake
Xavier College Prep (AZ)

Race #59 - 9:09 AM
HS Division 1&2
Boys Individual Sweepsta
Yellow Wristband
3.0 Miles

Aliso Niguel
Beckman
Cypress
Davis
Delasalle
Downey (dow)
Glendora
Grossmont
Highland
La Serna
Patrick Henry
Rancho Cucamonga
Redondo
Roosevelt (eas)
San Marcos (sm)
Santa Ana
Serrano
Valencia (val)
Vista Murrieta
Westlake
Westview (sd)

Race #60 - 9:25 AM
HS Division 1&2
Girls Individual Sweepsta
Blue Wristband
3.0 Miles

Aliso Niguel
Ayala
Centennial
Citrus Valley
Del Norte (sd)
Etiwanda
J.W. North
La Serna
Long Beach Poly
M.L. King (riv)
Mt. Carmel
Peninsula
Poway
Rancho Bernardo
Santa Fe
Saugus
Serrano
Vista Murrieta
Xavier College Prep (AZ)

Race #61 - 9:41 AM
HS Division 1&2
Boys Team Sweepstakes
Green Wristband
3.0 Miles

Arcadia
Ayala
Bellarmine
Claremont
Crescenta Valley
Foothill (sa)
Fountain Valley
Great Oak
Hart
Loyola
Mira Costa
Mt. Carmel
Otay Ranch
Royal
San Clemente
Santa Barbara
Santiago (cor)
Thousand Oaks
Torrey Pines
West Ranch

Race #62 - 9:57 AM
HS Division 1&2
Girls Team Sweepstakes
Red Wristband
3.0 Miles

Beckman
Canyon (ana)
Chino Hills
Claremont
Dana Hills
Foothill (sa)
Great Oak
Mira Costa
Rancho Cucamonga
Redondo
Roosevelt (eas)
Santiago (cor)
Torrey Pines
West Ranch
Westlake

Race #63 - 10:13 AM
HS Division 1&2
Boys Varsity
Yellow Wristband
3.0 Miles

Beaumont
Canyon (ana)
Canyon Crest Academy
Centennial
Chino Hills
Citrus Valley
Dana Hills
Etiwanda
J.W. North
Long Beach Poly

M.L. King (riv)
Peninsula
Poway
San Juan Hills
Santa Fe
Saugus
Trabuco Hills

Race #64 - 10:21 AM
HS Division 1&2
Girls Varsity
Blue Wristband
3.0 Miles

Arcadia
Beaumont
Canyon Crest Academy
Crescenta Valley
Davis
Downey (dow)
Fountain Valley
Glendora
Grossmont
Hart
Highland
Otay Ranch
Patrick Henry
Royal
San Clemente
San Juan Hills
San Marcos (sm)
Santa Ana
Santa Barbara
Thousand Oaks
Valencia (val)

Race #65 - 10:36 AM
HS Division 1&2
Boys JV Open
Green Wristband
3.0 Miles

Anaheim
Beaumont
Beckman
Camarillo
Canyon (ana)
Canyon Crest Academy
Chino Hills
Citrus Valley
Cypress
Dana Hills
Downey (dow)
El Camino Real (wh)
Fountain Valley
Granada Hills
Grossmont
Hart
Highland
La Serna
Long Beach Poly
Peninsula
San Juan Hills
San Marcos (sm)

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Saugus
Serrano
Trabuco Hills
Valencia (val)
Vista Murrieta
West Ranch
Westlake

Race #66 - 10:44 AM

HS Division 1&2

Girls JV Open Red Wristband

3.0 Miles

Alisal
Arcadia
Beaumont
Canyon (ana)
Canyon Crest Academy
Chaffey
Crescenta Valley
Downey (dow)
Fountain Valley
Glendora
Grossmont
Heritage (men)
Highland
J.W. North
Millikan
Peninsula
Pleasant Grove
Poly (riv)
Royal
San Juan Hills
San Marcos (sm)
San Pedro
Serrano
Thousand Oaks
Upland
Valencia (val)
Valley View
Vista Murrieta

Race #70 - 11:06 AM

HS Division 1

Boys Varsity Yellow Wristband

3.0 Miles

Alhambra (alh)
Arroyo Valley
California (whi)
Chaffey
Clayton Valley
Coachella Valley
El Camino (oce)
Glendale
Granada Hills
Heritage (men)
Huntington Beach
Lakewood
Marshall (la)
Montebello
Olympian

Palmdale
Poly (riv)
Rialto
Schurr
Upland
Warren
Westminster

Race #71 - 11:14 AM

HS Division 1

Girls Varsity Blue Wristband

3.0 Miles

Anaheim
Arroyo Valley
California (whi)
Clayton Valley
Coachella Valley
El Camino (oce)
Hamilton (la)
Heritage (men)
Lakewood
Lancaster
Los Osos
Mission Hills
Orange Vista
Oxnard
Poly (riv)
Quartz Hill
San Pedro
Upland
Valley View
Wilson (lb)

Race #72 - 11:29 AM

HS Division 1

Boys Varsity Green Wristband

3.0 Miles

Alisal
Birmingham
Camarillo
Centennial (cor)
Chaparral
Diamond Bar
El Camino Real (wh)
Hamilton (la)
La Quinta(lq)
Los Osos
Millikan
Mountain View (mv)
Oxnard
Paramount
Patriot
Reseda
San Pedro
Summit
Valencia (pla)
Wilson (lb)

Race #73 - 11:37 AM

HS Division 1

Girls Varsity Red Wristband

3.0 Miles

Alhambra (alh)
Birmingham
Burbank
Camarillo
Carlsbad
Channel Islands
Diamond Bar
El Camino Real (wh)
Glendale
Huntington Beach
Los Alamitos
Millikan
Montebello
Mountain View (mv)
Palisades
Palmdale
Reseda
Santa Monica
Taft (wh)
Valencia (pla)

Race #74 - 11:52 AM

HS Division 1

Boys Varsity Yellow Wristband

3.0 Miles

Anaheim
Burbank
Cajon
Carlsbad
Channel Islands
Eastside (lan)
Elk Grove
Helix
Lancaster
Los Alamitos
Mission Hills
Northgate
Orange Vista
Palisades
Pleasant Grove
Quartz Hill
Santa Monica
Taft (wh)
Vacaville
Valley View

Race #75 - 12:00 PM

HS Division 1

Girls Varsity Blue Wristband

3.0 Miles

Alisal
Cajon
Centennial (cor)
Chaffey
Chaparral

Eastside (lan)
Elk Grove
Granada Hills
Kennedy
La Quinta(lq)
Marshall (la)
Northgate
Olympian
Paramount
Patriot
Pittsburg
Pleasant Grove
Rialto
Schurr
Warren

Race #76 - 12:14 PM

HS Division 1

Boys Frosh Green Wristband

3.0 Miles

Alisal
Birmingham
Burbank
Cajon
California (whi)
Camarillo
Canyon Crest Academy
Centennial (cor)
Chaffey
Channel Islands
Chaparral
El Camino (oce)
El Camino Real (wh)
Elk Grove
Granada Hills
Heritage (men)
Huntington Beach
La Quinta(lq)
Lakewood
Lancaster
Los Alamitos
Los Osos
Millikan
Montebello
Northgate
Orange Vista
Oxnard
Patriot
Pleasant Grove
Poly (riv)
Quartz Hill
San Juan Hills
San Pedro
Santa Monica
Trabuco Hills
Upland
Valencia (pla)
Valley View
Warren

Race #77 - 12:22 PM

HS Division 1

Girls Frosh Red Wristband

3.0 Miles

Alisal
Anaheim
Birmingham
Burbank
California (whi)
Canyon Crest Academy
Centennial (cor)
Chaffey
Channel Islands
Chaparral
El Camino (oce)
El Camino Real (wh)
Granada Hills
Heritage (men)
Huntington Beach
La Quinta(lq)
Lakewood
Lancaster
Los Alamitos
Los Osos
Millikan
Montebello
Orange Vista
Oxnard
Patriot
Pleasant Grove
Poly (riv)
Quartz Hill
San Juan Hills
San Pedro
Santa Monica
Upland
Valencia (pla)
Warren

Race #78 - 12:38 PM

HS Division 1

Boys Soph Yellow Wristband

3.0 Miles

Alisal
Birmingham
Burbank
California (whi)
Camarillo
Canyon Crest Academy
Centennial (cor)
Chaffey
Channel Islands
Chaparral
El Camino (oce)
El Camino Real (wh)
Elk Grove
Granada Hills
Heritage (men)
Huntington Beach
La Quinta(lq)

results on the web at: <https://finishedresults.com/meets/3069>

high school division race entries

RACE ENTRY LIST

updated 10/21/2021 6:06:20 PM

Lancaster
Los Alamitos
Los Osos
Millikan
Montebello
Orange Vista
Oxnard
Patriot
Pleasant Grove
Quartz Hill
San Juan Hills
San Pedro
Santa Monica
Trabuco Hills
Upland
Valencia (pla)
Warren

Race #79 - 12:46 PM

HS Division 1

Girls Soph

Blue Wristband

3.0 Miles

Alisal
Anaheim
Birmingham
Burbank
California (whi)
Centennial (cor)
Channel Islands
El Camino (oce)
El Camino Real (wh)
Elk Grove
Granada Hills
Heritage (men)
Huntington Beach
Lakewood
Lancaster
Los Alamitos
Los Osos
Millikan
Montebello
Orange Vista
Oxnard
Patriot
Pleasant Grove
San Juan Hills
Upland
Valencia (pla)
Warren
Wilson (lb)

Race #80 - 1:02 PM

HS Division 2

Boys JV Open

Green Wristband

3.0 Miles

Alisal
Birmingham
Burbank
Cajon
California (whi)

Centennial (cor)
Chaffey
Channel Islands
Elk Grove
Heritage (men)
Huntington Beach
Lakewood
Lancaster
Los Alamitos
Millikan
Mission Hills
Montebello
Northgate
Olympian
Orange Vista
Oxnard
Patriot
Pleasant Grove
Poly (riv)
Quartz Hill
Rialto
San Pedro
Santa Monica
Upland
Valencia (pla)
Valley View
Warren
Wilson (lb)

Race #81 - 1:10 PM

HS Division 2

Girls JV Open

Red Wristband

3.0 Miles

Cajon
California (whi)
Camarillo
Centennial (cor)
Channel Islands
El Camino Real (wh)
Granada Hills
Hamilton (la)
Huntington Beach
Lakewood
Los Alamitos
Mission Hills
Northgate
Orange Vista
Oxnard
Patriot
Quartz Hill
Rialto
Santa Monica
Schurr
Valencia (pla)
Warren

Race #85 - 3:10 PM

HS Division 2

Girls JV Open

Yellow Wristband

3.0 Miles

Apple Valley
Arroyo Grande
Bloomington
Bravo Medical Magnet (la)
Cerritos
Colony
Culver City
El Dorado (pla)
El Modena
El Rancho
El Toro
Kennedy (lp)
Liberty (bre)
Mark Keppel
Miguel Contreras LC
Murrieta Mesa
Murrieta Valley
Norte Vista
Northwood
Ontario
Palm Desert
Redlands
South Torrance
Stockdale
Sunny Hills
Tesoros
Tustin
University (irv)
Villa Park
Walnut

Race #86 - 3:28 PM

HS Division 2

Boys JV Open

Blue Wristband

3.0 Miles

Apple Valley
Arroyo Grande
Bloomington
Bravo Medical Magnet (la)
Cerritos
Culver City
El Dorado (pla)
El Modena
El Toro
Frontier
Kennedy (lp)
Mark Keppel
Mira Mesa
Murrieta Mesa
Murrieta Valley
Norco
Norte Vista
Northwood
Ontario
Redlands
South Torrance
Stockdale
Sunny Hills
Tesoros

University (irv)
Villa Park
Walnut

Race #87 - 3:42 PM

HS Division 2

Girls Soph

Green Wristband

3.0 Miles

Apple Valley
Bloomington
Bravo Medical Magnet (la)
Cerritos
Culver City
El Toro
Fullerton
Kennedy (lp)
Lawndale
Murrieta Mesa
Norte Vista
Ontario
South Torrance
Sunny Hills
Tesoros
Tustin
University (irv)

Race #88 - 3:58 PM

HS Division 2

Boys Soph

Red Wristband

3.0 Miles

Apple Valley
Bloomington
Bravo Medical Magnet (la)
Cerritos
Culver City
El Dorado (pla)
El Rancho
El Toro
Frontier
Kennedy (lp)
Mark Keppel
Murrieta Mesa
Murrieta Valley
Norte Vista
Ontario
South Torrance
Sunny Hills
Tesoros
Tustin
University (irv)
Villa Park
Walnut

Race #89 - 4:06 PM

HS Division 2

Girls Frosh

Yellow Wristband

3.0 Miles

Alta Loma
Apple Valley

Bloomington
Bravo Medical Magnet (la)
Cerritos
Culver City
El Toro
Fullerton
Indio
Kennedy (lp)
Murrieta Mesa
Murrieta Valley
Ontario
South Torrance
Sunny Hills
Tesoros
Tustin
University (irv)
Venice
Villa Park
Walnut

Race #90 - 4:22 PM

HS Division 2

Boys Frosh

Blue Wristband

3.0 Miles

Alta Loma
Apple Valley
Arroyo Grande
Bloomington
Bravo Medical Magnet (la)
Cerritos
Culver City
El Modena
El Rancho
El Toro
Frontier
Indio
Kennedy (lp)
Mark Keppel
Murrieta Mesa
Murrieta Valley
Norte Vista
Redlands
South Torrance
Sunny Hills
Tesoros
Tustin
University (irv)
Venice
Villa Park
Walnut

Race #91 - 4:36 PM

HS Division 2

Girls Varsity

Green Wristband

3.0 Miles

Bloomington
Cerritos
Eagle Rock
El Modena
Frontier

results on the web at: <https://finishedresults.com/meets/3069>

high school division race entries

RACE ENTRY LIST

updated 10/21/2021 6:06:20 PM

Indio
Irvington
Kennedy (lp)
Mira Mesa
Murrieta Valley
Ontario
Palm Desert
Paso Robles
Stockdale
Valhalla

Race #92 - 4:51 PM

HS Division 2

Boys Varsity

Red Wristband

3.0 Miles

Bloomington
Cerritos
Eagle Rock
El Rancho
Frontier
Fullerton
Hueneme
Indio
La Quinta (wes)
Murrieta Mesa
Northwood
Robert F. Kennedy
Steele Canyon
Sunny Hills
Tustin
Valhalla

Race #93 - 4:59 PM

HS Division 2

Girls Varsity

Yellow Wristband

3.0 Miles

Alta Loma
Apple Valley
Arroyo Grande
Branham
Colony
El Dorado (pla)
Helen Bernstein
La Quinta (wes)
Liberty (bre)
Miguel Contreras LC
Murrieta Mesa
Norco
Redlands
Scripps Ranch
Sunny Hills
University (irv)
Venice

Race #94 - 5:14 PM

HS Division 2

Boys Varsity

Blue Wristband

3.0 Miles

Alta Loma

Apple Valley
Branham
Colony
El Dorado (pla)
Godinez
Irvington
Liberty (bre)
Miguel Contreras LC
Mira Mesa
Murrieta Valley
Ontario
Paso Robles
Scripps Ranch
Tesoro
Villa Park

Race #95 - 5:22 PM

HS Division 2

Girls Varsity

Green Wristband

3.0 Miles

Bravo Medical Magnet (la)
Culver City
El Rancho
Godinez
Granite Hills
Hueneme
Mark Keppel
Norte Vista
Northwood
Robert F. Kennedy
South Torrance
Tesoro
Tustin
Villa Park
Walnut

Race #96 - 5:39 PM

HS Division 2

Boys Varsity

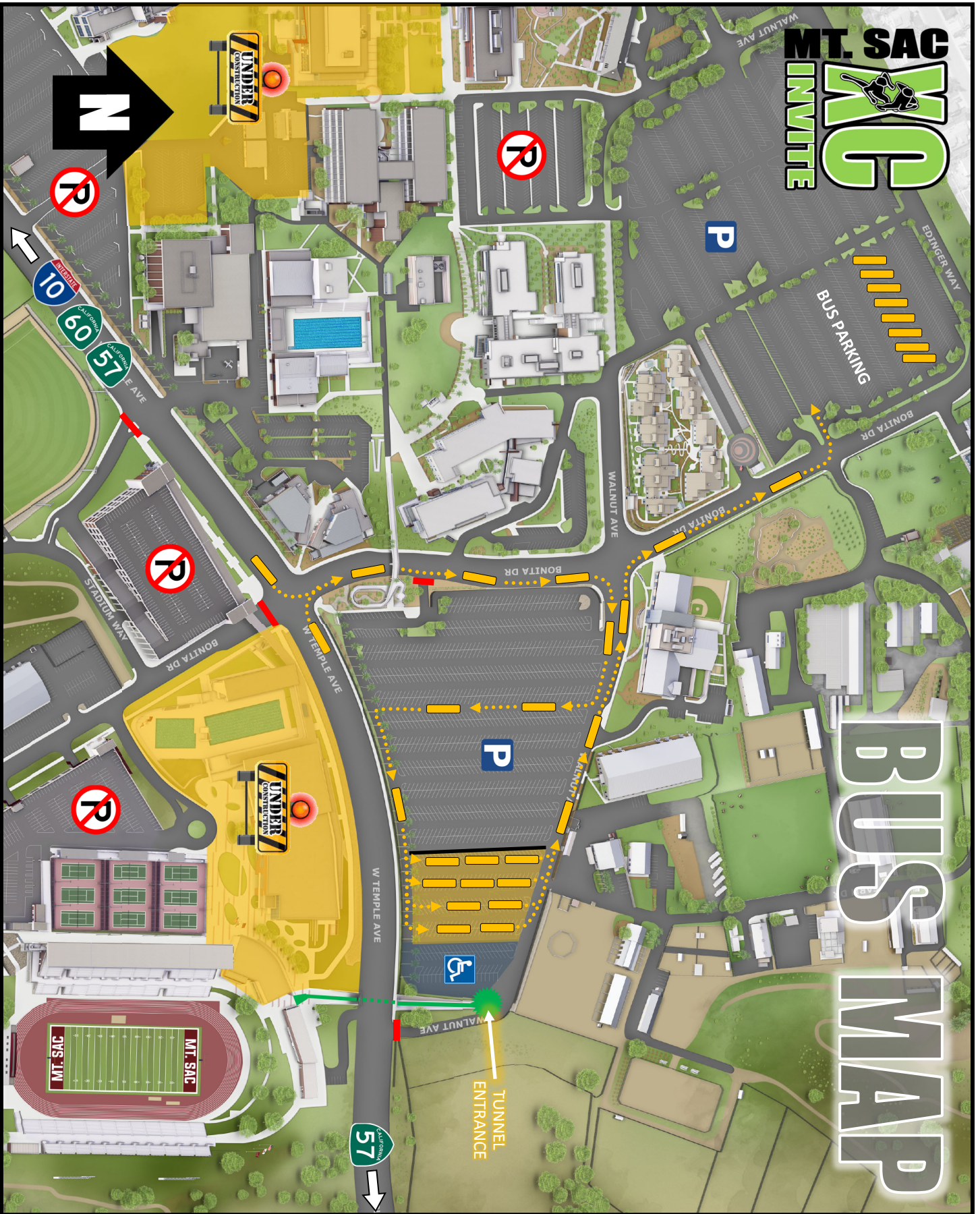
Red Wristband

3.0 Miles

Arroyo Grande
Bravo Medical Magnet (la)
Culver City
El Modena
Helen Bernstein
Kennedy (lp)
Mark Keppel
Norco
Norte Vista
Palm Desert
Redlands
South Torrance
Stockdale
University (irv)
Venice
Walnut

results on the web at: <https://finishedresults.com/meets/3069>

BUS MAP



-  = BUS
-  = BUS ROUTE
-  = HANDICAPPED PARKING
-  = BUS DROP OFF ZONE
-  = PARKING
-  = NO PARKING









MAP LEGEND








TEAM ARRIVAL PROTOCOL

H I G H S C H O O L D I V I S I O N

MAP LEGEND

-  **PARKING LOT F**
XC Invite Parking (Buses/Cars)
-  **WALKING PATH**
-  **ACCESS TO OPEN AREA**
-  **BRIDGE/OVERPASS**
-  **BLOCKED ACCESS**
-  **MEDICAL - ATHLETIC TRAINING ROOM**
Medical stationed throughout course
-  **RESTROOMS**
-  **TUNNEL**
Lot F to Stadium Entrance
-  **STADIUM TICKET BOOTH**
-  **TEAM CHECK-IN**
Packet Pick-Up
-  **STAIRS AND ELEVATOR TO TEAM CAMP AREA** *(Level 1)*
-  **TEAM CAMP AREAS**
Parking Lot First Floor / Practice Field
-  **WATER COOLER FILL UP STATION**
-  **CLERK OF THE COURSE**
Race Check-In
-  **SOUVENIR SALES AND AWARDS**
-  **PROBLEM SOLVING SHED**
Questions and Issues resolved here!

COURSE MAP LEGEND

-  **START LINE**
-  **FINISH LINE**
-  **COURSE PATH**
-  **FIRST MILE**
-  **SECOND MILE**
-  **THIRD MILE**
-  **MILE MARKERS**

TEAM ARRIVAL PROTOCOL

- 1. PARKING**
All buses and vehicles must park in Lot F located on the north side of Temple Ave.
- 2. ENTERING THE STADIUM (2)**
Use Tunnel to cross Temple Ave and enter stadium.
- 3. TEAM PACKET PICK-UP (3)**
Distribute Bib Number to athletes for entry
- 4. TEAM CAMP (4)**
Set up your team camp on the first floor of the Champions Parking Structure (*no need for tents!*)
- 5. RACE CHECK-IN (5)**
30 minutes prior to each race, your team(s) must check in at the Clerk of the Course



LOT F

W TEMPLE AVE



ROAD CLOSED



GATEWAY PARKING STRUCTURE
NO XC INVITE PARKING

BONITA DRIVE CLOSED

STADIUM WAY

CHAMPIONS PARKING STRUCTURE
NO XC INVITE PARKING

TRACK CLOSED

LEVEL 1 Team Camps
LEVEL 2 CLOSED CONSTRUCTION

F

S

GAUNTLET

SWITCHBACKS

RESERVOIR HILL



POOP OUT HILL

VALLEY LOOP (2 TIMES)

MT. SAC CROSS COUNTRY COURSE

3 MILE

- MILE 1
- MILE 2
- MILE 3

