



South Coast Conference Cross Country Championships

Friday, October 31st, 2025

- Location:** **Mt. San Antonio College:** 1100 N. Grand ave. Walnut, CA. 91784.
- Race Times:** Coaches Meeting: 9:15am
Women's 5k: 10:00am
Men's 4-mile: 10:45am
- Entries:** Entries processed through athletic.net.
Entry deadline is Tuesday 10/28/25 at 11:59pm.
- Timing:** **Finished Results Professional Timing**
- Live Results:** Finished Results Live App includes place, name and time shown for top athletes in each race. Dynamic Team Scores shown.
- Bibs:** Team Packets will contain team roster, box assignments, and bibs.
- Course:** A detailed map will be provided soon.
- Finish Line:** Please make sure your athletes are aware that they must move through the finish. We want to clear the area as runners are crossing the finish line.
- Awards:** Top 14 individuals and the Top 2 teams receive awards. The awards ceremony will follow the men's race, approximately at 11:30am.

Athletic Trainers: Located near the finish line. Teams/athletes need to provide their own medical supplies, pre-wrap/tape.

Questions: Contact: Giovanni Lanaro
Email: glanaro@mtsac.edu
Cell: 626-485-6278

2.3.2 3C2A CROSS COUNTRY REGIONAL QUALIFYING — SOUTH

2.3.2.1 TEAMS Each conference will be allowed one-half plus one, the number of teams in their conference to advance to the Southern California Regional. There will be a maximum of 28 teams running in the regional. At-large teams will be selected by a committee consisting of the Southern California Rules Committee chair and one representative from each of the conferences.

2.3.2.2 INDIVIDUALS There will be the same number of individuals qualifying to the Southern California Regional from each conference as there are teams that qualify from their conference, as long as those individuals finish in the top 50 percent of the field. No school can have more than four (4) individuals qualify. Each conference may send individuals not on a qualifying team to the 3C2A Cross Country Southern California Regional providing each finishes in the top 50 percent of all runners completing the conference championship race.

2.3.2.3 ENTRIES Entries to the 3C2A Cross Country Southern California Regional are the responsibility of each coach. Entries are to be submitted to Direct Athletics by noon, Tuesday, prior to the 3C2A Cross Country Southern California Regional. No team shall have more than ten (10) entries, and no team will be allowed to compete with more than seven (7).

