South Coast Conference Cross Country Championships Friday, October 30th, 2026

Location: Hahamongna Watershed Park; 4550 Oak Grove Dr, Pasadena, CA 91103.

Race Times: Coaches Meeting: 9:15 am
Women's 5k: 10:00am
Men's 4-mile: 10:45 am

Entries: Entries processed through athletic.net. Entry deadline is Tuesday 10/27/26 at 11:59 pm.

Course: The course will be an out-and-back (one-route) course.

Awards: Awards to the Top 14 Individuals and the Top 2 Teams. Please have athletes gather at 11:15 for the awards ceremony.

Athletic Trainers: For medical support, the Athletic Trainer's Tent will be located on the right hand side of the finish line chute. Please bring a fully stocked medical kit.

Starter: We will have USATF Official Starters

Bibs & disposable bib tags: Each athlete must have their BIB NUMBER attached to the front of their singlet as assigned on your team entries (chip is already attached to bib). Safety pins will be provided.

Finish Chute: Make sure your athletes are aware that they must move through the finish chute. We want to clear the area as runners are crossing the finish line.

Results: Team scores and individual results will be posted as soon as possible. Live results available at www.finishedresults.com or the "Finished Results Live" App.

Appeals Committee: TBA – will be comprised of three knowledgeable administrators

Restrooms: Permanent restrooms are located on the upper level above the Baseball field, past the entrance adjacent to the middle parking lot. An additional six portable restrooms will be available near the baseball field to accommodate athletes, coaches, and spectators

Directions: 210 West exit right on Berkshire and Oak Grove Drive; turn left on Foothill Blvd. The park entrance is on the right

Starting Box Assignments:

1) Cerritos
2) East LA
3) El Camino
4) LA Harbor
5) Long Beach
6) Mt. SAC
7) Pasadena

Post-SCC Championships XC Coaches Meeting: TBA –

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)

Questions/concerns,

contact:

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Athletic Director: Jamie Adams; Email: jadams67@pasadena.edu

South Coast Conference Commissioner: Alyssa Olveda; southcoastcommissioner@gmail.com

South Coast Conference Cross Country A.D. Representative: Leslie Trujillo - AD LA Harbor is the SCC AD rep for XC. Email: TRUJILLC@LAHC.EDU