

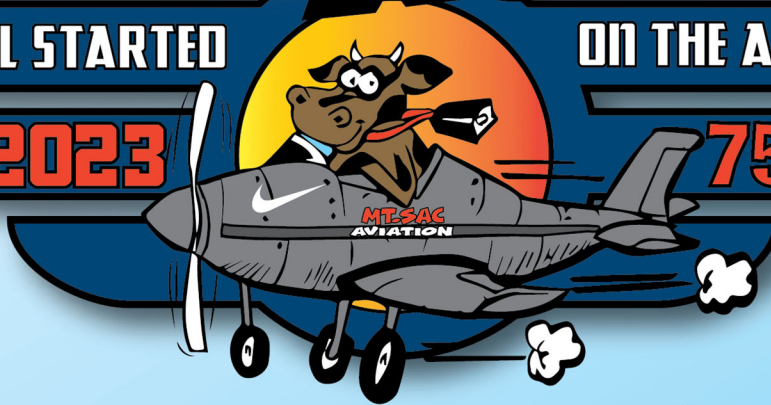
THE WORLD'S LARGEST
MT. SAC XC INVITE

IT ALL STARTED

ON THE AIRSTRIP

2023

75TH



**TEAM FINAL
INFORMATION**

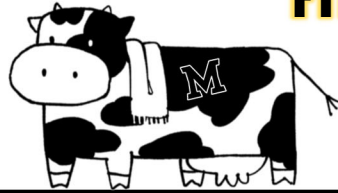


DID YOU KNOW
THE XC INVITE RUNNERS
START ON WHAT ONCE
WAS WHERE MT. SAC
PLANES LANDED?

AND TOOK OFF!
...WHAT A WAY TO
START A RACE!



MT. SAN ANTONIO COLLEGE
WALNUT, CALIFORNIA



FINAL INFORMATION PACKET

VERSION 2.0 - 10/17/23 @ 7:00 PM

The World's Largest Cross Country Competition



*Contained in this important
FINAL INFORMATION PACKET:*

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

If you have an questions or discrepancies, coaches may contact High School Division Coordinator, Mark Gardner at mgardner@cnusd.k12.ca.us
The confirmation packet **may change**, but will be updated on the runmtsac.com meet information web page.
Please be aware of the Version Number of the Final Information Packet.

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



TICKETS
Save Time!
Purchase Online!



**MEET
PROGRAM**
Schedule / Race



RESULTS
Instant Results Using
Finished Results App!

VERY IMPORTANT LAST MINUTE REMINDERS!

1. Please make sure that your runner runs with/wears **THE BIB NUMBER WITH THEIR LAST NAME ON IT!**
2. Team camps in the Champions Parking Structure **MUST BE SET UP IN PARKING STALLS.**
3. There are very few Team Camp sites available on the grass field behind the scoreboard.
4. There is no longer access to the Snow Creek Horse Trails from the Valley Loop. The gate has been locked and closed for safety purposes.
5. Team/Athlete Gate (Gate 2) opens at 7:30 am on Friday and 5:00 am on Saturday. Spectator gates open 30 minutes later each day.
6. Please distribute the **SPECTATOR INFORMATION** to your fans attending the XC Invite. It contains important information for them.
7. **FOR THE SAFETY OF COMPETITORS, THE COURSE DISTANCE MAY BE SHORTENED AND ADDITIONAL ADJUSTMENTS MAY BE MADE, DUE TO WEATHER CONDITIONS.**



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

The World's Largest Cross Country Competition



ARRIVAL INFORMATION

1. Parking will be available in Lot F and Gateway Parking Structure.
2. **Bus Drop Off (Lot F) - Please see enclosed BUS MAP / NO BUSES ALLOWED SOUTH OF TEMPLE AVENUE.**
3. **Handicapped Parking** will be on the second level of the Champions Parking Structure.
4. Parking Chargess
 - A. **\$10 charge (CASH ONLY) for ALL vehicles.** No parking charge for school buses or marked school vans.

ENTERING THE STADIUM AND GETTING TO THE COURSE (see map)

1. Using Lot F: Enter the tunnel on the East side of Lot F to cross Temple Ave. and arrive at the stadium entrance.
2. Using Gateway Parking Structure: Use the bridge or crosswalk to cross Bonita Drive and take path along north side of building 720, to arrive at stadium entrance.

PACKET PICK-UP / GATE ADMISSION

1. Coaches will pick-up their team packet at Gate 2. 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
 1. It is **IMPERATIVE** that runners **RUN WITH THE BIB NUMBER THEY WERE ASSIGNED!**
 - a. See **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 Camp Areas** will be located in the lower level of the Champions Parking Structure and a **VERY LIMITED** number of spaces, on a first come basis, will be available in designated areas on the grass field south of the stadium scoreboard.
 - A. **TEAMCAMPS** 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 (see map)
3. **Warm-Up Area** will be on the practice track and flex field (artificial turf field).
4. The **Airstrip, Corridor, Gauntlet and Finish Line** are **off limits to everyone** except race personnel and competitors.

GREAT NEWS!!!

*“New” Hilmer Lodge Stadium has many new conveniences including six times the number of women’s restrooms!!! Due to the size of this event, a limited numbers of Porta Potties will still be utilized for the convenience of runners. **Please 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 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

1. Parking will be available in Lot F and Gateway Parking Structure.
2. Handicapped Parking will be on the second level of the Champions Parking Structure
3. Parking Charges
 - A. **\$10 (CASH ONLY) charge for ALL vehicles**

ENTERING THE STADIUM AND GETTING TO THE COURSE (see map)

1. **Parking in Lot F:** Enter the tunnel on the East side of Lot F to cross Temple Ave. and arrive at the stadium entrance.
2. **Parking in Gateway Parking Structure:** Use the bridge or crosswalk to cross Bonita Drive and take path along north side of building 720, to arrive at stadium entrance.
3. **Handicapped Parking in Champions Parking Structure 2nd Floor:** Walk North along West Side of tennis courts and follow directions to front gate entrance.

GATE ADMISSION - GA Gates Open at 8:00 am on Friday and 5:30 am on Saturday

1. Gate admission charges
 - A. \$12 = General Admission (13-54 years of age)
 - B. \$6 = Seniors (55+), Children (6-12, 5 and under free), Students w/valid ID
2. **SAVE TIME PURCHASE YOUR TICKETS ONLINE!!! (QR)**
3. **SORRY... NO PETS ALLOWED.** We love animals, but this is a college policy.

TEAM CAMP, PRE/POST RACE INFORMATION

1. **Team Camp Areas** will be located in grass field south of the stadium scoreboard (very limited) or on the bottom floor of the Champions Parking Structure.
 - A. You must enter the stadium to access the Champions Parking Structure.
2. Race information and results can only be found online. (QR)

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...*

1. The cross country course has uneven and unpaved surfaces.
2. 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.
3. The **Airstrip, Corridor, Gauntlet and Finish Line** are **off limits to everyone** except race personnel and competitors.
4. Due to operational/safety purposes, Bonita Road, beginning slightly north of the Champions Parking Structure is closed/strictly off limits to all pedestrians and vehicles.

OTHER NOTES

1. Souvenirs and food are available for purchase inside the stadium.
2. No ATM available. Credit cards or cash are accepted for admission, souvenir purchases and most food.

(QR)
HELPFUL
QR CODES



TICKETS
*Save Time!
Purchase Online!*



**MEET
PROGRAM**
Schedule / Race



RESULTS
*Instant Results Using
Finished Results App!*



FINAL INFORMATION

PLEASE READ OVER CAREFULLY

The World's Largest Cross Country Competition



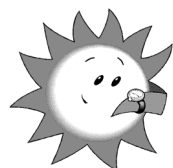
BOX/PACKET INFORMATION

1. At the team check-in, you will receive a box or packet containing bib numbers (with attached RFID Chips) and a 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/correction and a \$10 cash fee if a new bib/chip is needed (lost or new).**
3. 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, **do not warm up on the course during other races.**

RACE INFORMATION



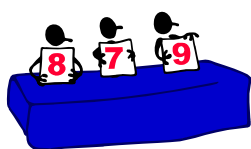
1. Please check-in at the clerk of the course (*see map*) 30 minutes prior to the actual start of the race.
2. For safety considerations, please remain off of the competitive racing course and at the following areas: Airstrip, Corridor, Gauntlet and Finish Line Area.
3. No spiked shoes (with or without spikes) allowed.

SCORING SYSTEM



1. We are using a RFID chip timing system. Every runner must run with the bib number assigned to them on the **FRONT** of their jersey.
2. Please do not bend or mutilate your bib number.

RESULTS



1. Results will not be printed.
2. Results will **ONLY** be available online immediately following each race at <https://finishedresults.trackscoreboard.com/meets/4635>
3. **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**

Short Sleeve T-Shirt	\$ 20.00
Long Sleeve T-Shirt	\$ 25.00
NIKE Dri-Fit Short Sleeve T-Shirt	\$ 28.00
NIKE Gray Hoodie	\$ 62.00
Souvenir Pin	\$ 10.00
Cowbell Keychain	\$ 8.00

+ MORE AT THE SOUVENIR BOOTH



RACE PROCEDURES

The World's Largest Cross Country Competition



1. Rules

A. Any runner that fails to adhere to the following rules will be disqualified and not scored.

1. Runners must cross the finish line with the RFID Bib Number they were assigned.
 - A. Runners who cross the finish line using another persons will be disqualified
 - B. Name corrections **must be made** prior to the start of the race

2. Packet/Box Pick-Up

A. Coaches must inspect the packet/box to verify that it contains all of **RFID Bibs** for your runners listed on your Team Confirmation Sheet.

1. ***The Confirmation Sheet lists the BIB NUMBER TO BE USED BY EACH OF YOUR RUNNERS!***
2. Any discrepancies should be immediately reported to the Packet Pick-Up Staff and then corrected at the Problem Solving Shed.

3. Substituting a runner, name corrections, race changes and lost RFID bibs.

- A. At the **Problem Solving Shed**, fill out a **change card**. Incomplete correction cards will not be corrected.
- B. Each correction/substitution will incur a \$5 fee (cash only)
- C. Corrections will be made immediately if processed prior to the start of the race.
- D. Lost RFID Bibs will incur a \$10 fee (cash only).

4. Race Procedures

A. All runners **MUST REPORT TO THE CLERK OF THE COURSE A MINIMUM OF 30 MINUTES PRIOR TO THE START OF THE RACE.**

B. All runners must attach their RFID Bibs on the front of their jersey.

C. Runners will be given a color wristband, at the Clerk of the Course, to help staff and spectators and staff identify the current race on the course.

1. Please see the Time Schedule for race color code.

C. SAFETY GATE

1. Athletes deemed in distress by race personnel (1.5 mile mark or anywhere else on the course) or who fail to meet the set time standards at the safety gate will be asked to exit the race for their safety.
2. Time standards have been carefully researched and are published on our website. Please understand that this is a SAFETY measure to protect the health and well being of those competing and to lessen the strain on the local EMS system.

5. Protest or Concerns

A. All race results are FINAL, 1 hour after the result is posted.

B. All protests, concerns or discrepancies must be reported immediately after the race by the **team's coach** at the Problem Solving Tent.

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



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.

WBGT GUIDELINES:

- The WetBulb Globe Temperature (WBGT) is a measure of heat stress in direct sunlight, which takes into account: Temperature, Humidity, Wind Speed, Sun Angle and Cloud Cover. The Mt. SAC Special XC Invite abides by the WBGT guidelines and will use it to make modifications to activity as recommended per state and CIF policy. For more information on WBGT please visit: <https://www.cifstate.org/sports-medicine/WBGT>

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?

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!

WATER JUG FILL UP STATION



Bring your water jugs empty and fill-up at the water jug fill up station located on the South End of the West Bleachers, Field Level (SEE MAP). Please do not fill up water jugs at the WATER MONSTERS, which are for individual bottles.



RACE SCHEDULE

HIGH SCHOOL DIVISION

The World's Largest Cross Country Competition



FRIDAY | OCTOBER 20, 2023

#	DIV.	GEN	RACE	COLOR	TIME
1	3	M	Junior Varsity	Red	10:00 AM
2	3	F	Junior Varsity	Yellow	10:08 AM
3	3	M	Freshman	Blue	10:22 AM
4	3	F	Freshman	Green	10:30 AM
5	3	M	Sophomore	Red	10:44 AM
6	3	F	Sophomore	Yellow	10:52 AM
7	3	M	Varsity	Blue	11:06 AM
8	3	F	Varsity	Green	11:13 AM
9	3	M	Varsity	Red	11:26 AM
10	3	F	Varsity	Yellow	11:33 AM
11	3	M	Varsity	Blue	11:46 AM
12	3	F	Varsity	Green	11:53 AM
14	4	M	Freshman	Red	12:05 PM
15	4&5	F	Freshman	Yellow	12:12 PM
16	4&5	M	Sophomore	Blue	12:26 PM
17	4&5	F	Sophomore	Green	12:32 PM
18	5	M	Freshman	Red	12:46 PM
19	4&5	F	Junior Varsity	Yellow	12:54 PM
20	4	M	Junior Varsity	Blue	1:09 PM
21	5	M	Junior Varsity	Green	1:22 PM
22	4	F	Varsity	Red	1:34 PM
23	4	M	Varsity	Yellow	1:47 PM
24	4	F	Varsity	Blue	1:54 PM
25	4	M	Varsity	Green	2:07 PM
26	5	F	Varsity	Red	2:14 PM
27	5	M	Varsity	Yellow	2:27 PM
28	5	F	Varsity	Blue	2:34 PM
29	5	M	Varsity	Green	2:48 PM
30	5	M	Varsity	Red	3:00 PM
33	3,4&5	M	Junior Varsity	Yellow	3:11 PM
34	3,4&5	F	Freshman	Blue	3:19 PM
35	3,4&5	M	Freshman	Green	3:33 PM
36	3,4&5	F	Sophomore	Red	3:41 PM
37	3,4&5	M	Varsity	Yellow	3:56 PM
38	3,4&5	F	Varsity	Blue	4:04 PM
39	3,4&5	M	Sophomore	Green	4:18 PM
40	3,4&5	F	Junior Varsity	Red	4:26 PM
41	3,4&5	M	Junior Varsity	Yellow	4:39 PM
42	3,4&5	F	Team Sweepstakes	Blue	4:55 PM
43	3,4&5	M	Team Sweepstakes	Green	5:13 PM
44	3,4&5	F	Individual Sweepstakes	Red	5:31 PM
45	3,4&5	M	Individual Sweepstakes	Yellow	5:50 PM

SATURDAY | OCTOBER 21, 2023

#	DIV.	GEN	RACE	COLOR	TIME
51	1&2	M	Freshman	Blue	7:30 AM
52	1&2	M	Freshman	Green	7:43 AM
53	1&2	F	Freshman	Red	7:50 AM
54	1&2	M	Sophomore	Yellow	8:04 AM
55	1&2	M	Sophomore	Blue	8:17 AM
56	1&2	F	Sophomore	Green	8:24 AM
57	1&2	M	Junior Varsity	Red	8:39 AM
58	1&2	F	Junior Varsity	Yellow	8:46 AM
59	1&2	M	Individual Sweepstakes	Blue	9:02 AM
60	1&2	F	Individual Sweepstakes	Green	9:22 AM
61	1&2	M	Team Sweepstakes	Red	9:42 AM
62	1&2	F	Team Sweepstakes	Yellow	10:02 AM
63	1&2	M	Varsity	Blue	10:16 AM
64	1&2	F	Varsity	Green	10:24 AM
65	1&2	M	Junior Varsity	Red	10:38 AM
66	1&2	F	Junior Varsity	Yellow	10:46 AM
70	1	M	Varsity	Blue	11:01 AM
71	1	F	Varsity	Green	11:08 AM
72	1	M	Varsity	Red	11:21 AM
73	1	F	Varsity	Yellow	11:28 AM
74	1	M	Varsity	Blue	11:42 AM
75	1	F	Varsity	Green	11:49 AM
76	1	M	Freshman	Red	12:03 PM
77	1	F	Freshman	Yellow	12:11 PM
78	1	M	Sophomore	Blue	12:27 PM
79	1	F	Sophomore	Green	12:35 PM
80	1	M	Junior Varsity	Red	12:51 PM
81	1	F	Junior Varsity	Yellow	12:59 PM
82	1	M	Junior Varsity	Blue	1:14 PM
85	2	F	Junior Varsity	Green	3:10 PM
86	2	M	Junior Varsity	Red	3:26 PM
87	2	F	Sophomore	Yellow	3:34 PM
88	2	M	Sophomore	Blue	3:50 PM
89	2	F	Freshman	Green	3:58 PM
90	2	M	Freshman	Red	4:14 PM
91	2	F	Varsity	Yellow	4:22 PM
92	2	M	Varsity	Blue	4:38 PM
93	2	F	Varsity	Green	4:46 PM
94	2	M	Varsity	Red	5:02 PM
95	2	F	Varsity	Yellow	5:10 PM
96	2	M	Varsity	Blue	5:26 PM

Denotes race numbering gap

THE WORLD'S LARGEST 

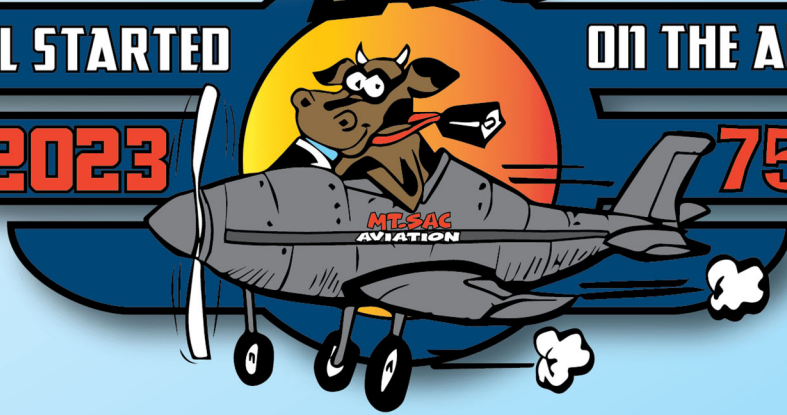
MT. SAC XC INVITE

IT ALL STARTED

ON THE AIRSTRIP

2023

75TH



SOUVENIR PROGRAM



DID YOU KNOW THE XC INVITE RUNNERS START ON WHAT ONCE WAS WHERE MT. SAC PLANES LANDED?

AND TOOK OFF! ...WHAT A WAY TO START A RACE!



MT. SAN ANTONIO COLLEGE
WALNUT, CALIFORNIA

ELEMENTARY/MIDDLE SCHOOL DIVISION

GARMIN



ALL-IN-ONE TEAM APP

Garmin Clipboard is an all-in-one team app with features designed to help coaches and athletes build workouts, review stats and more when loaded on their compatible smartphones. Garmin Clipboard lets you review lap splits, VO2 Max, lactate threshold, pace trends or quickly scan performance and wellness with at-a-glance charts. Choose one of the free preloaded workouts or create a custom training plan.



FORERUNNER® FOR RUNNERS

Whether you're coaching beginners or more seasoned runners, Garmin has a smartwatch that suits every runner's needs.

PERFORMANCE

There's a wide range of Garmin GPS running smartwatches to capture crucial performance stats. Select models incorporate smart coaching with daily suggested workouts and can gauge the effectiveness of training and track recovery time. Runners can sync custom workouts and training plans from the Garmin Connect™ app, Garmin Clipboard coaching app and TrainingPeaks to their device.

SAFETY AND TRACKING

Add peace of mind to runs with incident detection and assistance features¹. If the watch senses an incident has occurred, a message is sent with the location to emergency contacts. And select Forerunners automatically send the runner's name and location to the Garmin IERCC, a 24/7 staffed emergency response coordination center². LiveTrack lets contacts view the runner's preplanned course and real-time location.

NAVIGATION

With built-in features like back-to-start, turn-by-turn navigation, round-trip routing and the ability to download courses — it's tough to get lost. To help runners create a course, Garmin Connect looks for the best route, choosing from roads and trails most traveled by tapping into Trendline™ popularity routing. Find the best paths and easily follow them with at-a-glance navigation.

CONNECTIVITY

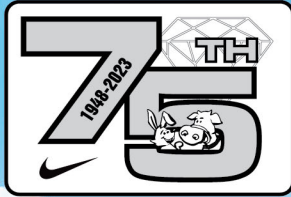
Certain watches in the Forerunner family offer additional features like on-device music storage and streaming³, Garmin Pay™ contactless payments⁴ and smart notifications when paired with a compatible smartphone.

¹ When paired with a compatible smartphone; see [Garmin.com/ble](https://www.garmin.com/ble). For safety and tracking feature requirements and limitations, see [Garmin.com/safety](https://www.garmin.com/safety).

² Forerunner 945 LTE must have an active LTE subscription plan for, and connectivity to, a Category M1 LTE network; see [Category M1 LTE coverage area at Garmin.com/LTECoverage](https://www.garmin.com/LTECoverage)

³ User must have a premium account with a compatible music streaming provider to sync playlists

⁴ View current supported country, payment network and issuing bank information at [Garmin.com/GarminPay/banks](https://www.garmin.com/GarminPay/banks)



MT. SAC

X-C INVITE



OCTOBER 13, 20 & 21, 2023 □ MT. SAC XC COURSE □ WALNUT, CA

team entries by race division/race number

IMPORTANT PLEASE READ!!!

If you find a discrepancy with your entries, we ask that COACHES (no parents or athletes please) contact High School Invitational Director, Tim O'Rourke by e-mail at torourke@mtsac.edu
Thank you for your support of the Mt. SAC Cross Country Invitational.

Version 3.0 - Updated 10/18/2023 11:04:01 PM

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Abraham Lincoln	241	13	4							24	25		
Academy For Academic Excel.	2	20	5				39			38			45
Academy of Careers and Expl.	1	8	5				16				27		
Agoura	3	40	3		35		39	2	33	12			43
Alameda	4	21	1					81	82	75	70		
Alhambra (alh)	6	21	2	89		87	88		86	91	94		
Alisal	7	39	1	77	76	79	78		82	71	72		
Aliso Niguel	9	71	1	53	52	56	55	66	65	64			59
Alta Loma	8	65	1	77	76	79	78	81	82	73	74		
American (fre)	10	10	1						80		70		
Anaheim	11	41	1	77	76	79	78		82	75	72		
Antioch	12	12	1		76	79				73	72		
Apple Valley	14	30	2	89	90	87	88		86	95	96		
Aquinas	15	29	4					19	20	24	23		
Arcadia	16	94	1		51		54	58	57			60	59
Archer	19	7	4							22			
Arlington	17	31	2	89	90	87	88		86	93	96		
Arroyo (em)	18	66	3	34	35	36	39	40	33	38			45
Arroyo Valley	20	14	1							71	72		
Arvin	21	16	3				5			8	9		
Avalon	22	13	5						21	26	27		
Ayala	23	60	2	53	52	56	55	58	57			62	61
Azusa	24	22	3		3	6	5			12	11		
Baldwin Park	26	25	4		14			19	20	24	25		
Banning (ban)	25	30	4	15	14		16	19	20	24	23		
Barstow	27	24	3	4	3	6	5			8	11		
Bassett	28	22	4						20	22	25		
Beckman	32	49	1		52		55		57	64			61
Bell Gardens	29	40	1	77	76	79	78	81	80	73	74		
Bellflower	30	17	4						20	24	23		
Belmont	31	7	5								96		
Bethel Christian (riv)	45	6	5								29		
Big Bear	34	27	4					40	41	38			45
Birmingham	36	23	1						80	75	70		

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Bishop Alemany	5	13	4		14					22	25		
Bishop Amat	33	29	4	34			39	40				44	45
Bishop Montgomery	35	56	4	34	35	36	39	19	33	38			45
Bishop Union	37	9	4							22	25		
Blair	38	30	4	15	14				20	24	25		
Bloomington	39	14	3							10	7		
Bonita (lv)	41	43	3	4	3	6	5	2	1	12	11		
Bonita Vista	42	7	2									92	
Bravo Medical Magnet (la)	44	41	2	89	90	87	88	85	86	91	94		
Bret Harte	43	25	5					19	21	28	29		
Buckingham Charter	40	22	5			17			21	26	30		
Buckley	46	15	5	15	18		16			26	27		
Buena	47	29	3		3		5	2		8	7		
Buena Park	49	10	3	4		6				8			
Buhach Colony	48	10	3							12	9		
Burbank	50	29	1	77	76		78		82	71	72		
Burrough(rid)	51	45	4		35	36	39	40	41	38			45
Cabrillo (lom)	53	25	4	15	14	17	16		20	22	23		
Cajon	58	30	1	77	76	79	78	81	80	75	74		
Cal. Acad. Math/Science	64	9	4	15			16				23		
Calabasas	59	24	3	4	3	6	5			8	9		
Calexico Mission	97	8	5						21		30		
California (whi)	60	55	2	89	90	87	88	85	86	93	96		
California Lutheran	61	7	5							26	30		
Calvary Chapel (dow)	77	17	5	15	18				21	28	27		
Calvary Chapel(sa)	78	13	5	15						26	27		
Calvin Christian	62	11	5							26	29		
Camarillo	63	56	1		51		54	58	57	64			59
Campbell Hall	57	1	5								27		
Canoga Park	66	37	4			17		19	20	22	25		
Canyon (ana)	52	55	2	53	51		54	58	65			60	59
Canyon (cc)	65	40	3	34	35	36	39	40	41			44	43
Canyon Crest Academy	76	85	1	53	52		55	66	65			62	59
Canyon Springs	71	19	1	77	76	79	78			75	74		
Capo Valley	67	57	3	34	35	36	39	40	33		37	44	
Carondelet	68	12	3	4		6				10			
Carpinteria	69	10	4	15	14	17	16			24	23		
Carter	70	14	3				5			10	9		
Casa Grande	56	14	3							12	11		
Castaic	72	20	4	15	14		16			22	23		
Castro Valley	75	14	1							73	70		
Cate	73	22	5						33	38			45
Cathedral (la)	74	24	4		35				33				45
Cathedral Catholic (sd)	54	44	3		35		39	40	33			42	43
Cathedral City	55	25	4					19	20	24	23		
Centennial	101	31	2	89	90	87	88	85	86	95	92		
Centennial (cor)	80	48	1	53	52	56	55	66	65	64	63		
Central City Value	79	19	5	15	18	17	16		21	28	30		
Century	102	39	3	4	3	6	5		1	10	7		
Cerritos	81	72	2	89	90	87	88	85	86	91	94		
Chadwick	82	37	5	15	18	17	16	19	21	28	27		
Chaffey	83	67	1	53	51	56	54	58	65			60	59

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Chaminade	84	42	4	15	14	17	16	19	20	22	25		
Channel Islands	88	44	1	77	76	79	78	81	80	71	70		
Chaparral	85	30	1		52		55	66	65	64			59
Charter Oak	89	1	3								7		
Chino	87	19	3					2		8	11		
Chino Hills	86	52	1	77	76	79	78	81	82	71	74		
Christian	90	13	5	15		17	16			26	30		
Citrus Hill	91	15	3		35		39				37	44	
Citrus Valley	93	55	2	89	90	87	88	85	86	95	92		
Claremont	95	88	2	53	52	56	55	66	65		63	62	
Classical Academy	94	44	4	15	14	17	16	19	20	24	23		
Clayton Valley	99	24	1						57	64			59
Cleveland	96	27	1					66	57			60	59
Clovis West	100	14	1									60	61
Coachella Valley	110	14	1	77	76	79				71	72		
Cobalt Institute of Math and Science	92	24	4						20	22	25		
Colony	105	27	2	89	90		88			93	96		
Community Charter Early College	106	21	5						21	28	29		
Convent & Stuart Hall	109	55	5		35		39	40	41			44	45
Corona	108	15	2	89		87	88		86	91	92		
Corona Del Mar	104	36	3		3		5		1	10	9		
Costa Mesa	107	32	4	15	14	17	16	19	20	24	23		
Covina	111	22	4		14		16		20	24	25		
Crawford	112	29	4	15	14	17	16	19	20	22	23		
Crean Lutheran	98	33	4		14			19	20	22	25		
Crescenta Valley	116	106	1	53	51	56	54	58	57			60	61
Crespi	113	10	4		14						23		
Cristo Rey (sa)	114	11	5	15	18								
Crossroads	115	18	5						33	38			43
Culver City	117	58	2	89	90	87	88	85	86	93	96		
Damien	118	21	4		14		16		20		25		
Del Norte (sd)	124	14	1									62	59
Del Oro	120	25	3		3			2	1	10	11		
Del Sol	129	11	5	15	18								
Delasalle	119	17	2		51		54						59
Desert Christian (lan)	121	25	5	34	35	36	39		33	38			43
Diamond Bar	122	32	1					81	82	73	70		
Diamond Ranch	123	14	3							12	7		
Don Bosco Tech	125	31	4		35		39		41				45
Don Lugo	126	32	3					2	1	8	9		
Dos Pueblos	128	27	2				88	85		91	94		
Downey (dow)	127	74	1	77	76	79	78	81	80	75	72		
Eagle Rock	131	22	2	89	90		88	85		95	92		
East Valley	133	14	5							28	30		
Eastside (lan)	132	14	1							71	74		
Edison (hb)	136	46	2	89	90	87	88		86	91	94		
EF Academy	137	14	5						21	28	30		
Eisenhower (ria)	138	15	2						86	91	96		
El Camino (oce)	135	59	1	53	52	56	55	66	65			60	59
El Camino Real (wh)	139	54	1	77	76	79	78	81	82	73	70		
El Capitan (lak)	134	14	3							10	11		
El Diamante	140	12	2							93	96		

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
El Dorado (pla)	141	22	2			56			57	64			61
El Modena	142	29	2				88		86	93	92		
El Monte	143	14	3							12	7		
El Rancho	144	14	2							95	94		
El Segundo	145	42	4	15	14	17	16	19	20	24	23		
El Toro	147	67	2	53	52	56	55	58	57			60	59
Elsinore	146	14	2							93	92		
Entrepreneur	148	9	5	15		17					29		
Escalon	149	14	4							22	25		
Esperanza	150	44	4	34	35	36	39		33			44	45
Estancia	151	6	4	15							25		
Esteban Torres	153	2	2							93			
Etiwanda	152	59	1	77	52	56	55	66	65			60	59
Excelsior Education Center	154	23	4	15	14	17	16		20	22	23		
Fairmont Prep (ana)	497	18	5						21	28	29		
Farmersville	155	18	4	15				19		24	25		
Fillmore	158	32	4			36	39	40	41		37	42	
Firebaugh	159	11	4	15							23		
Flintridge Prep	160	44	5	15	18	17	16	19	21	26	27		
Flintridge Sacred Heart	161	31	4	15		17		19		22			
Fontana	162	14	2							64			59
Foothill (sa)	156	58	2	53	51	56	54	66	57	64			59
Foothill Technology	157	58	4	34	35		39	40	33	38			43
Fountain Valley	496	54	1	77	76		78	81	80	73	70		
Francis Parker	320	30	5	34	35	36	39	40	41			44	43
Frazier Mountain	164	7	5			17					29		
Freedom	163	14	2							95	94		
Fullerton	165	56	3	34	35	36	39	40	41			44	45
Gabrielino	166	50	4		14	17	16	19	20	24	25		
Gahr	167	19	3				5	2		8	7		
Galileo Acad.	168	9	3							8	9		
Garey	169	14	3							10	11		
Garfield	170	35	1	77	76	79	78	81	80	75	72		
Geffen Acad.	171	20	2		90		88		86	95	96		
Glendale	174	5	1			79	78			71	70		
Glendora	173	51	2	53	52	56	55	66	57	64			61
Godinez	176	47	3		35		39	40	41	38			45
Granada Hills	177	72	1	53	51	56	54	58	57	64			59
Granite Hills (av)	172	35	3	4	3			2	1	8	9		
Great Oak	178	72	1	53	51	56	54	58	57			62	61
Grossmont	179	22	1	77	76	79	78			75	74		
Half Moon Bay	195	23	4		14		16	19	20	22	23		
Hamilton	181	7	5								29		
Hamilton (la)	180	24	1					81		71	74		
Harvard Westlake	182	49	4	15	14		16	19	20	24	23		
Hawthorne	183	16	3	4	3	6	5			10	11		
Hawthorne Math & Science	196	39	5	15	18		16		21	26	27		
Health Sciences High and MC	199	1	5								29		
Hemet	185	2	1			79					72		
Heritage (bre)	188	13	2							91	92		
Heritage (men)	187	9	2							12	11		
Heritage Christian	216	23	5	15	18		16		21	28	30		

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Hesperia	189	51	2	89	90	87	88	85	86	91	96		
Hesperia Christian	184	6	5	15	18					26	29		
High Tech (cv)	200	9	4							24	25		
High Tech (sm)	202	23	5		18		16		21	26	27		
High Tech High (sd)	193	18	4		35	36	39		41				45
High Tech High Mesa	201	23	5	15	18	17	16			28	29		
Highland (bak)	191	8	1			56						60	
Highland (pal)	192	14	1							73	74		
Hillcrest (riv)	190	17	3	4	3	6	5			12	7		
Hilltop	194	31	2					85	86	93	92		
Homestead (cup)	197	21	1						82	75	70		
Hoover (gle)	198	18	3	4	3	6	5			8	9		
Hueneme	203	30	2					58	65	64			59
Immaculate (la)	204	16	4	15				19		22			
Independence (bak)	205	33	3	4	3	6	5	2	1	10	11		
Indian Springs	206	18	3						1	12	7		
Irvine	207	12	3							12	9		
James Lick	236	4	4							22	25		
James Logan	243	4	1								63		
John Glenn	175	18	4		14	17	16		20	24	25		
Jurupa Hills	208	13	3							12	11		
Kaiser (fon)	209	29	3	4	3	6	5	2	1	8	7		
Kennedy	210	14	1							71	72		
Kennedy (lp)	215	29	2		90	87	88	85	86	95	94		
Kimball	213	12	3							8	9		
King City	212	14	1							73	74		
Knight	214	14	1							75	70		
La Canada	217	79	4	34	35	36	39	40	33			42	43
La Costa Canyon	231	37	3					40	41			42	43
La Habra	219	22	2						86	91	96		
La Jolla	221	29	4					40	41		37	42	
La Jolla Country Day	240	19	5	15					21	26	30		
La Mirada	223	55	3	4	3	6	5	2	1	10	11		
La Puente	500	14	4						20	26	25		
La Quinta (wes)	225	8	2							93	92		
La Quinta(lq)	226	45	1	77	76	79	78	81	80	71	72		
La Reina	227	10	5	15		17				28			
La Salle	499	24	4	15	14	17	16			26	23		
La Serna	228	67	2	53	52	56	55	66	65	64			59
Laguna Creek	218	25	2					58	57	64	63		
Laguna Hills	220	40	4	15	14	17	16	19	20	24	23		
Lakewood	222	27	1	77	76	79			82	73	74		
Lancaster	224	24	1				78		80	73	70		
Lawndale	229	28	3		3	6	5		1		7		
Leigh	232	30	2		90		88		86	93	92		
Leuzinger	233	33	3	4	3	6		2	1	12	9		
Liberty (bak)	235	27	2					85	65		63	60	
Liberty (bre)	234	14	1							75	72		
Liberty (win)	230	7	3							8			
Liberty Madera	238	15	4					19	20	24	23		
Lifeline Edu. Charter	237	12	5	15	18	17				26	30		
Littlerock	239	11	3							10	11		

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes		
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys	
Loma Linda Acad.	242	24	5							21	28	29		
Long Beach Poly	330	79	1	53	52	56	55	66	65			63	62	
Los Altos	245	24	3					2	1	12	7			
Los Osos	244	35	1	77	76	79	78			82	75	74		
Louisville	246	5	5								28			
Loyola	247	34	1		51		54		57					61
Lucerne Valley	248	5	5		18		16			26	27			
M.L. King (riv)	211	31	1					66	65	64				61
Madera	250	15	2						86	95	94			
Malibu	252	10	5				16			28	27			
Mammoth	253	12	5							26	29			
Maranatha	254	29	5		18			19	21	26	30			
Maranatha Christian	249	8	5			17					27			
Marina	256	34	2	89	90		88	85	86	93	94			
Mark Keppel	251	26	2	89	90	87	88		86	91	96			
Marlborough	257	25	4	15		17		19		22				
Marshall Fundamental	255	35	4		14		16	19	20	24	25			
Marymount (la)	258	31	4	15		17		19		22				
Mater Dei (sd)	262	18	4					19	20	24	23			
Mayfair (lak)	259	42	3	4	3	6	5	2	1	8	9			
Mayfield	282	22	4	15				19		22				
McFarland	260	50	4	34	35	36	39	40	33	38	37			
Mendez LC	269	12	4							22	23			
Miguel Contreras LC	261	17	4		14	17	16	19	20	24	25			
Milken Community	268	21	3			6			1	10	11			
Millikan	265	67	1	53	52		55	66	65				60	59
Mira Costa	263	114	1	53	51	56	54	58	57				62	61
Mira Mesa	266	21	2						86	91	92			
Mission Hills	264	47	1	77	76			81	80	71	70			
Mission Oak	271	13	4							22	25			
Mission Viejo	267	56	3	4	3	6	5	2	1	10	7			
Moapa Valley (NV)	275	10	4		35		39							45
Monroe	272	39	3				5	2	1	12	9			
Monrovia	274	29	3					2	1	12	11			
Moorpark	273	67	3	34	35	36	39	40	41				42	43
Moreno Valley	276	13	2		90	87	88			95	92			
Morro Bay	270	14	4							24	23			
Mount Miguel	279	7	4											45
Mountain View (em)	277	21	4						20	24	25			
Mt. Carmel	278	14	2							93	94			
Murrieta Mesa	280	21	2	89	90		88		86	91	96			
Murrieta Valley	281	23	2	89	90		88		86		92			
New West Charter	301	13	4							22	23			
Newbury Park	284	36	2	53	51	56	54		57	64			61	
Nipomo	285	14	4							22	25			
Norco	289	27	2	53	52	56	55		65	64	63			
Nordhoff	290	35	4		14	17	16	19	20	24	23			
Norte Vista	296	36	3	4	3	6	5		1	8	7			
North Hollywood	288	1	1							71				
North Tahoe	299	14	5								37		42	
North Torrance	292	35	3	4	3	6	5	2	1	10	7			
Northgate	287	45	1	77	76		78	81	82	75	72			

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Northview	297	20	4	15	14	17	16		20	24	25		
Northwood	298	14	2							95	94		
Norwalk	291	38	3	4	3	6			1	8	9		
Notre Dame (so)	286	18	3						1	10	11		
Notre Dame Prep (AZ)	293	23	4					19	20	22	25		
Notre Dame(riv)	283	11	5		18				21	28	29		
NOVA Acad. Early College	294	9	5			17					30		
Novato	295	10	4							22	23		
Nueva	300	14	5		35		39					44	45
Oak Hills	302	33	1	77	76	79	78		82	73	70		
Oak Park	304	65	3	34	35	36	39	40	33			42	43
Oakmont	303	33	3		3			2	1	8	7		
Oakwood (nh)	305	16	5						21	26	27		
Ocean View (hb)	306	46	4	15	14	17	16	19	20	24	23		
Ojai Valley	307	2	5								29		
Ontario	309	37	2	89	90	87	88	85	86	91	94		
Ontario Christian	308	12	5		18		16	19			27		
Orange	310	16	3			6			1	10	9		
Orange Vista	498	42	1	77	76	79	78	81	82	75	74		
Our Lady of Peace	13	8	4			17				22			
Oxford Academy	311	39	4	15	14	17			20	22	25		
Oxnard	312	61	1	77	76	79	78	81	80	73	74		
Pacifica (gg)	315	58	3	4	3	6	5	2	1	12	11		
Pacifica Christian (sm)	313	6	5		18								
Palisades	317	14	1									60	61
Palmdale	314	7	2								96		
Palos Verdes	336	43	4		35			40	41			42	43
Paraclete	319	22	5	15	18	17		19	21	28	29		
Paramount	318	22	1	77	76	79	78			73	72		
Pasadena	321	25	3		3				1	8	7		
Pasadena Poly	331	31	5	34	35			40	41		37	44	
Patrick Henry	316	34	1		76		78	81	82	75	70		
Patriot	322	48	1	77	76	79	78	81	80	71	72		
Peninsula	323	70	2	53	51	56	54	58	65		63	62	
Petaluma	324	1	4									44	
Pilgrim	325	15	5	15	18		16			26	30		
Pittsburg	326	34	1					81	80	73	74		
Pleasant Grove	327	55	1	77	76		78	81	80	75	70		
Poly (riv)	332	61	1	53	51	56	54	58	65			60	59
Pomona Catholic	329	14	5	15		17				26			
Portola (irv)	335	48	1	53	52		54		65		63	60	
Poway	333	14	1									62	61
Providence	334	15	5	15	18		16			28	27		
Quartz Hill	337	55	1	77	76	79	78	81	80	71	72		
Ramona (ram)	341	22	3	4	3	6	5			12	7		
Ramona (riv)	343	14	2							93	92		
Ramona Convent	340	25	5	15		17		19		28			
Rancho Alamitos	338	9	3				5				9		
Rancho Bernardo	345	14	1							64			59
Rancho Cucamonga	339	81	1	53	52	56	55	66	65			60	61
Rancho Mirage	342	27	3		3	6	5	2	1	10	9		
Rancho Verde	344	43	2		90		88	85	86	95	94		

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Redlands	346	45	2	89	90		88	85	86	91	96		
Redondo	347	120	1	53	51	56	54	58	57			60	59
Redwood (vis)	348	28	1	77	76		78	81	80	73	74		
Rialto	350	14	1							75	70		
Rim Of The World	352	36	4		35		39	40	41			42	43
Rio Mesa	351	43	1		76		78		80	71	72		
Robert F. Kennedy	349	13	1							71	74		
Roosevelt (eas)	353	71	1	77	76	79	78	81	82	73	74		
Rosary (ful)	354	13	4	15		17				24			
Rosemead	355	14	3							12	11		
Rowland	356	62	3	34	35	36	39	40	41			44	45
Royal (sv)	357	29	3	4	3	6	5	2		8	7		
Sacramento Country Day	103	9	5	34	35	36							45
Sacred Heart Of Jesus	394	18	5	15				19		26			
Saddleback	363	37	4	15	14	17	16	19	20	24	25		
Sage Creek	367	40	3	34	35	36	39	40	41			44	43
Sage Hill	391	35	5					40	33		37	42	
Saint Joseph	503	17	4	15		17		19		26			
Samueli Academy	430	37	5		35		39	40	33		37	44	
San Bernardino	360	18	3	4	3		5	2		10	11		
San Clemente	383	39	1	53	52	56			57				61
San Dieguito Acad.	362	14	2							93	92		
San Dimas	364	13	4	15			16			24	23		
San Fernando	390	22	3					2		10	9		
San Gabriel	366	11	3		3	6	5			12	11		
San Geronio	368	30	3	4	3	6	5		1	12	11		
San Juan Hills	398	68	1	77	76	79	78	81	80	75	70		
San Leandro	369	7	1								72		
San Luis Obispo	370	27	3	4		6	5			8	7		
San Marcos (sb)	371	59	2	89	90	87	88	85	86	95	94		
San Marcos (sm)	400	14	1							71	74		
San Marino	402	21	4		35				41			44	45
San Pasqual	376	14	2							91	96		
San Pedro	377	49	1	77	76	79	78	81	82	73	70		
Santa Ana	358	71	1	53	51	56	54	58	65		63	60	
Santa Ana Valley	379	9	2		90		88			95	94		
Santa Barbara	359	34	2	53	52			66	57	64			61
Santa Clara (oxn)	361	4	5		18	17	16				30		
Santa Clarita Christian	382	8	5		18	17	16			28			
Santa Fe (sfs)	365	23	3						1	10	9		
Santa Fe Christian	374	9	5							38			45
Santa Margarita	421	46	3	34	35	36	39	40	41			42	43
Santa Monica	372	76	1	53	52	56	55	66	65		63	62	
Santa Paula	403	24	3	4			5	2	1	12	7		
Santa Ynez	381	6	4		14	17					23		
Santana	375	23	3					2	1	8	11		
Santee EC	404	33	3	89				85	86	91	96		
Santiago (cor)	405	67	1	53	51	56	54	58	57		63	62	
Santiago (gg)	406	54	3	4	3		5	2	1	12	9		
Saugus	378	78	1	53	52	56	55	66	65			62	59
Savanna	380	21	3		35	36	39		41	38			45
Scripps Ranch	384	14	2							93	92		

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Segerstrom	386	50	2	89	90	87	88	85	86	95	94		
Serra (sd)	387	8	4				16				25		
Serrano	388	29	2	89	90	87	88	85	86	95	96		
Servite	389	34	3		35		39		41				43
Shadow Hills	393	37	3	34	35	36		40	33		37	42	
Shafter	392	32	3	4	3	6	5	2	1	8	7		
Sherman Oaks CES	408	15	3						1	8	9		
Sierra Vista	396	24	3						1	10	11		
Silver Valley	397	17	5		18	17	16		21		27		
Simi Valley	395	27	3	4	3	6			1	10	7		
Sonora (lh)	410	41	3		3			2	1	12	9		
South Anchorage (AK)	373	13	4						20	22	23		
South Bakersfield	407	16	4	15		17				22	25		
South Hills	409	36	3	4		6	5	2	1	8	11		
South Pasadena	411	83	4	34	35	36	39	40	33			42	43
South Torrance	412	69	3	34	35	36	39	40	33		37	42	
Southlands Christian	399	1	5							26			
St. Anthony (lb)	413	22	5	15	18	17	16	19	21	28	29		
St. Bonaventure	414	13	5		18					26	30		
St. Francis (lc)	416	22	4		35		39		33				43
St. Genevieve	417	13	5							28	30		
St. John Bosco	418	24	4		35		39		33				43
St. Joseph (sm)	419	7	5	15		17	16			28			
St. Lucys	420	12	5					19		26			
St. Margarets	423	38	5	15	18		16	19	21	26	27		
St. Mary's Academy	422	10	5	15						28			
St. Monica Academy	401	11	5			17			21		29		
St. Paul	425	14	5	15	18	17	16				30		
St. Pius X - St. Matthias Academy	328	18	5		18		16		21	26	27		
Steele Canyon	415	32	2	89	90	87		85	86	93	92		
Stockdale	424	34	2					85	86	91	94		
Sultana	502	7	2								96		
Summit (fon)	427	7	1								72		
Sun Valley Magnet	428	26	5					19	21	28	29		
Sunny Hills	426	37	1	77	76	79	78	81	80	75	74		
Sylmar	429	12	2							91	96		
Taft (wh)	431	16	1			79			80	73	70		
Tehachapi	435	14	4	15	14	17	16			22	25		
Temecula Prep	437	13	5					19		28	29		
Temescal Canyon	433	38	2	89	90	87	88	85	86	93	92		
Temple City	434	65	3	4	3	6	5	2	1	10	7		
Terra Linda	436	14	4	15	14		16			22	23		
Tesoro	438	62	2	89	90	87	88	85	86	95	94		
Thacher	439	15	5					19		26	30		
The Bishop's School	432	2	5								37	44	
The SEED School Of Los Angeles Count	385	13	5	15	18		16						
Thousand Oaks	440	42	3	4	3	6		2	1	12	9		
Torrance	443	69	3	4	3	6	5	2	1	8	11		
Torres	442	14	3							38			43
Torrey Pines	441	76	1	53	51	56	54	58	57			62	61
Trabuco Hills	445	49	1		51		54		57				61
Trinity Classical Acad.	444	18	5						21	28	27		

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys		
Troy	446	57	1	77	76	79	78	81	80	71	72				
Truckee	447	18	4		35		39	40			37	44			
United Christian Acad.	448	10	5							26	27				
University (irv)	450	109	2	53	51	56	54	58	65		63	60			
University (la)	452	12	3								94				
University City	449	29	3					40	41			42	45		
University Prep (vic)	451	21	4				16		20		25				
Upland	453	48	1	77	76	79	78	81	82	73	74				
Valencia (pla)	455	69	1	77	76	79	78	81	80	75	70				
Valencia (val)	454	61	1	77	76	79	78	81	82	71	72				
Valley Christian (cer)	458	23	5		18				21	26	29				
Valley Lutheran (AZ)	470	1	5								27				
Valley View	457	41	1	77	76	79	78		80	71	74				
Vasquez	456	14	5							28	30				
Venice	461	22	1	77	76		78			73	70				
Ventura	462	64	2	53	51	56	54	58	57			62	61		
Verbum Dei	459	26	4		14		16		20		23				
Verdugo Hills	460	8	4							38	37				
Viewpoint	467	44	5		35		39	40	41			42	43		
Villa Park	466	43	2	89	90		88	85	86	93	96				
Village Christian	495	9	5	15		17					27				
Vintage	465	16	2				88	85		91	92				
Virgin Valley (NV)	469	19	4						20	24	23				
Vista (vis)	468	12	2							95	96				
Vista Grande (AZ)	463	12	3							12	7				
Vista Meridian	471	7	5			17	16				29				
Vista Murrieta	464	85	1	53	52	56	55	66	65		63	62			
Walnut	472	46	2	53	52	56	55	66	65		63	60			
Warren	473	74	1	77	76	79	78	81	82	73	70				
Wasco	474	18	3	4		6		2		10	9				
West Anchorage (AK)	504	1	3							38					
West Covina	501	50	3	34	35	36	39	40	41		37	44			
West Hills	476	37	3		3		5	2	1	12	11				
West Ranch	479	52	3	34	35	36	39	40	41	38			43		
West Shores	491	9	5		18	17	16			26	30				
West Torrance	481	81	3	34	35	36	39	40	41			42	43		
Westlake	477	47	2	89	90	87	88	85	86	93	92				
Westminster	478	13	1	77	76	79	78								
Westridge	480	14	5					19		26					
Westview (sd)	482	14	2									60	61		
Whittier	484	45	3	4	3	6	5	2	1	10	9				
Whittier Christian	483	11	5	15	18		16			28	29				
Wildwood (la)	486	7	5										45		
Will C. Wood	475	23	3	4	3		5			12	9				
Wilson (hh)	488	44	4	15	14		16	19	20	22	25				
Wilson (lb)	485	53	1	77	76	79	78	81	82	75	72				
Windward (la)	487	13	5						33	38			43		
Wiseburn - Da Vinci	130	51	3	4	3	6	5	2	1	8	11				
Woodbridge	489	50	2		90		88	85	86	95	94				
Workman (coi)	490	3	4			17	16								
Xavier College Prep (pd)	492	28	5	34	35	36			41		37	44			
Yeshiva	494	12	3			6			1	10	7				

school name	team ID	#athletes	CIF div	girls	boys	girls	boys	girls	boys	girls	boys	sweepstakes	
				FR	FR	SO	SO	JV	JV	VA	VA	girls	boys
Yorba Linda	493	36	3	34	35	36	39	40	33			42	43



RACE SCHEDULE

HIGH SCHOOL DIVISION

The World's Largest Cross Country Competition



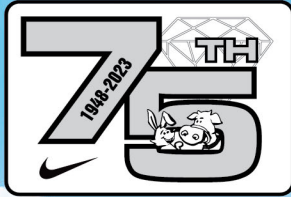
FRIDAY | OCTOBER 20, 2023

#	DIV.	GEN	RACE	COLOR	TIME
1	3	M	Junior Varsity	Red	10:00 AM
2	3	F	Junior Varsity	Yellow	10:08 AM
3	3	M	Freshman	Blue	10:22 AM
4	3	F	Freshman	Green	10:30 AM
5	3	M	Sophomore	Red	10:44 AM
6	3	F	Sophomore	Yellow	10:52 AM
7	3	M	Varsity	Blue	11:06 AM
8	3	F	Varsity	Green	11:13 AM
9	3	M	Varsity	Red	11:26 AM
10	3	F	Varsity	Yellow	11:33 AM
11	3	M	Varsity	Blue	11:46 AM
12	3	F	Varsity	Green	11:53 AM
14	4	M	Freshman	Red	12:05 PM
15	4&5	F	Freshman	Yellow	12:12 PM
16	4&5	M	Sophomore	Blue	12:26 PM
17	4&5	F	Sophomore	Green	12:32 PM
18	5	M	Freshman	Red	12:46 PM
19	4&5	F	Junior Varsity	Yellow	12:54 PM
20	4	M	Junior Varsity	Blue	1:09 PM
21	5	M	Junior Varsity	Green	1:22 PM
22	4	F	Varsity	Red	1:34 PM
23	4	M	Varsity	Yellow	1:47 PM
24	4	F	Varsity	Blue	1:54 PM
25	4	M	Varsity	Green	2:07 PM
26	5	F	Varsity	Red	2:14 PM
27	5	M	Varsity	Yellow	2:27 PM
28	5	F	Varsity	Blue	2:34 PM
29	5	M	Varsity	Green	2:48 PM
30	5	M	Varsity	Red	3:00 PM
33	3,4&5	M	Junior Varsity	Yellow	3:11 PM
34	3,4&5	F	Freshman	Blue	3:19 PM
35	3,4&5	M	Freshman	Green	3:33 PM
36	3,4&5	F	Sophomore	Red	3:41 PM
37	3,4&5	M	Varsity	Yellow	3:56 PM
38	3,4&5	F	Varsity	Blue	4:04 PM
39	3,4&5	M	Sophomore	Green	4:18 PM
40	3,4&5	F	Junior Varsity	Red	4:26 PM
41	3,4&5	M	Junior Varsity	Yellow	4:39 PM
42	3,4&5	F	Team Sweepstakes	Blue	4:55 PM
43	3,4&5	M	Team Sweepstakes	Green	5:13 PM
44	3,4&5	F	Individual Sweepstakes	Red	5:31 PM
45	3,4&5	M	Individual Sweepstakes	Yellow	5:50 PM

SATURDAY | OCTOBER 21, 2023

#	DIV.	GEN	RACE	COLOR	TIME
51	1&2	M	Freshman	Blue	7:30 AM
52	1&2	M	Freshman	Green	7:43 AM
53	1&2	F	Freshman	Red	7:50 AM
54	1&2	M	Sophomore	Yellow	8:04 AM
55	1&2	M	Sophomore	Blue	8:17 AM
56	1&2	F	Sophomore	Green	8:24 AM
57	1&2	M	Junior Varsity	Red	8:39 AM
58	1&2	F	Junior Varsity	Yellow	8:46 AM
59	1&2	M	Individual Sweepstakes	Blue	9:02 AM
60	1&2	F	Individual Sweepstakes	Green	9:22 AM
61	1&2	M	Team Sweepstakes	Red	9:42 AM
62	1&2	F	Team Sweepstakes	Yellow	10:02 AM
63	1&2	M	Varsity	Blue	10:16 AM
64	1&2	F	Varsity	Green	10:24 AM
65	1&2	M	Junior Varsity	Red	10:38 AM
66	1&2	F	Junior Varsity	Yellow	10:46 AM
70	1	M	Varsity	Blue	11:01 AM
71	1	F	Varsity	Green	11:08 AM
72	1	M	Varsity	Red	11:21 AM
73	1	F	Varsity	Yellow	11:28 AM
74	1	M	Varsity	Blue	11:42 AM
75	1	F	Varsity	Green	11:49 AM
76	1	M	Freshman	Red	12:03 PM
77	1	F	Freshman	Yellow	12:11 PM
78	1	M	Sophomore	Blue	12:27 PM
79	1	F	Sophomore	Green	12:35 PM
80	1	M	Junior Varsity	Red	12:51 PM
81	1	F	Junior Varsity	Yellow	12:59 PM
82	1	M	Junior Varsity	Blue	1:14 PM
85	2	F	Junior Varsity	Green	3:10 PM
86	2	M	Junior Varsity	Red	3:26 PM
87	2	F	Sophomore	Yellow	3:34 PM
88	2	M	Sophomore	Blue	3:50 PM
89	2	F	Freshman	Green	3:58 PM
90	2	M	Freshman	Red	4:14 PM
91	2	F	Varsity	Yellow	4:22 PM
92	2	M	Varsity	Blue	4:38 PM
93	2	F	Varsity	Green	4:46 PM
94	2	M	Varsity	Red	5:02 PM
95	2	F	Varsity	Yellow	5:10 PM
96	2	M	Varsity	Blue	5:26 PM

Denotes race numbering gap



MT. SAC XC INVITE



OCTOBER 13, 20 & 21, 2023 □ MT. SAC XC COURSE □ WALNUT, CA

high school division race entries

RACE ENTRY LIST

updated 10/18/2023 11:08:16 PM

Race #1 - 10:00 AM

HS Division 3

Boys JV Open Red Wristband

3.0 Miles

Bonita (lv)
Century
Corona Del Mar
Del Oro
Don Lugo
Granite Hills (av)
Independence (bak)
Indian Springs
Kaiser (fon)
La Mirada
Lawndale
Leuzinger
Los Altos
Mayfair (lak)
Milken Community
Mission Viejo
Monroe
Monrovia
Norte Vista
North Torrance
Norwalk
Notre Dame (so)
Oakmont
Orange
Pacifica (gg)
Pasadena
Rancho Mirage
San Geronio
Santa Fe (sfs)
Santa Paula
Santana
Santiago (gg)
Shafter
Sherman Oaks CES
Sierra Vista
Simi Valley
Sonora (lh)

South Hills
Temple City
Thousand Oaks
Torrance
West Hills
Whittier
Wiseburn - Da Vinci
Yeshiva

Race #2 - 10:08 AM

HS Division 3

Girls JV Open Yellow Wristband

3.0 Miles

Agoura
Bonita (lv)
Buena
Chino
Del Oro
Don Lugo
Gahr
Granite Hills (av)
Independence (bak)
Kaiser (fon)
La Mirada
Leuzinger
Los Altos
Mayfair (lak)
Mission Viejo
Monroe
Monrovia
North Torrance
Oakmont
Pacifica (gg)
Rancho Mirage
Royal (sv)
San Bernardino
San Fernando
Santa Paula
Santana
Santiago (gg)
Shafter

Sonora (lh)
South Hills
Temple City
Thousand Oaks
Torrance
Wasco
West Hills
Whittier
Wiseburn - Da Vinci

Race #3 - 10:22 AM

HS Division 3

Boys Frosh Blue Wristband

3.0 Miles

Azusa
Barstow
Bonita (lv)
Buena
Calabasas
Century
Corona Del Mar
Del Oro
Granite Hills (av)
Hawthorne
Hillcrest (riv)
Hoover (gle)
Independence (bak)
Kaiser (fon)
La Mirada
Lawndale
Leuzinger
Mayfair (lak)
Mission Viejo
Norte Vista
North Torrance
Norwalk
Oakmont
Pacifica (gg)
Pasadena
Ramona (ram)
Rancho Mirage

Royal (sv)
San Bernardino
San Gabriel
San Geronio
Santiago (gg)
Shafter
Simi Valley
Sonora (lh)
Temple City
Thousand Oaks
Torrance
West Hills
Whittier
Will C. Wood
Wiseburn - Da Vinci

Race #4 - 10:30 AM

HS Division 3

Girls Frosh Green Wristband

3.0 Miles

Barstow
Bonita (lv)
Buena Park
Calabasas
Carondelet
Century
Granite Hills (av)
Hawthorne
Hillcrest (riv)
Hoover (gle)
Independence (bak)
Kaiser (fon)
La Mirada
Leuzinger
Mayfair (lak)
Mission Viejo
Norte Vista
North Torrance
Norwalk
Pacifica (gg)
Ramona (ram)

Royal (sv)
San Bernardino
San Geronio
San Luis Obispo
Santa Paula
Santiago (gg)
Shafter
Simi Valley
South Hills
Temple City
Thousand Oaks
Torrance
Wasco
Whittier
Will C. Wood
Wiseburn - Da Vinci

Race #5 - 10:44 AM

HS Division 3

Boys Soph Red Wristband

3.0 Miles

Arvin
Azusa
Barstow
Bonita (lv)
Buena
Calabasas
Carter
Century
Corona Del Mar
Gahr
Hawthorne
Hillcrest (riv)
Hoover (gle)
Independence (bak)
Kaiser (fon)
La Mirada
Lawndale
Mayfair (lak)
Mission Viejo
Monroe



GARMIN



V.02



results on the web at: <https://finishedresults.com/meets/4635>

high school division race entries

RACE ENTRY LIST

updated 10/18/2023 11:08:16 PM

Norte Vista
North Torrance
Pacifica (gg)
Ramona (ram)
Rancho Alamitos
Rancho Mirage
Royal (sv)
San Bernardino
San Gabriel
San Gorgonio
San Luis Obispo
Santa Paula
Santiago (gg)
Shafter
South Hills
Temple City
Torrance
West Hills
Whittier
Will C. Wood
Wiseburn - Da Vinci

Race #6 - 10:52 AM

HS Division 3

Girls Soph

Yellow Wristband

3.0 Miles

Azusa
Barstow
Bonita (lv)
Buena Park
Calabasas
Carondelet
Century
Hawthorne
Hillcrest (riv)
Hoover (gle)
Independence (bak)
Kaiser (fon)
La Mirada
Lawndale
Leuzinger
Mayfair (lak)
Milken Community
Mission Viejo
Norte Vista
North Torrance
Norwalk
Orange
Pacifica (gg)
Ramona (ram)
Rancho Mirage
Royal (sv)

San Gabriel
San Gorgonio
San Luis Obispo
Shafter
Simi Valley
South Hills
Temple City
Thousand Oaks
Torrance
Wasco
Whittier
Wiseburn - Da Vinci
Yeshiva

Race #7 - 11:06 AM

HS Division 3

Boys Varsity

Blue Wristband

3.0 Miles

Bloomington
Buena
Century
Charter Oak
Diamond Ranch
El Monte
Gahr
Hillcrest (riv)
Indian Springs
Kaiser (fon)
Lawndale
Los Altos
Mission Viejo
Norte Vista
North Torrance
Oakmont
Pasadena
Ramona (ram)
Royal (sv)
San Luis Obispo
Santa Paula
Shafter
Simi Valley
Temple City
Vista Grande (AZ)
Yeshiva

Race #8 - 11:13 AM

HS Division 3

Girls Varsity

Green Wristband

3.0 Miles

Arvin
Barstow

Buena
Buena Park
Calabasas
Chino
Don Lugo
Gahr
Galileo Acad.
Granite Hills (av)
Hoover (gle)
Kaiser (fon)
Kimball
Liberty (win)
Mayfair (lak)
Norte Vista
Norwalk
Oakmont
Pasadena
Royal (sv)
San Luis Obispo
Santana
Shafter
Sherman Oaks CES
South Hills
Torrance
Wiseburn - Da Vinci

Race #9 - 11:26 AM

HS Division 3

Boys Varsity

Red Wristband

3.0 Miles

Arvin
Buhach Colony
Calabasas
Carter
Corona Del Mar
Don Lugo
Galileo Acad.
Granite Hills (av)
Hoover (gle)
Irvine
Kimball
Leuzinger
Mayfair (lak)
Monroe
Norwalk
Orange
Rancho Alamitos
Rancho Mirage
San Fernando
Santa Fe (sfs)
Santiago (gg)
Sherman Oaks CES

Sonora (lh)
Thousand Oaks
Wasco
Whittier
Will C. Wood

Race #10 - 11:33 AM

HS Division 3

Girls Varsity

Yellow Wristband

3.0 Miles

Bloomington
Carondelet
Carter
Century
Corona Del Mar
Del Oro
El Capitan (lak)
Garey
Hawthorne
Independence (bak)
La Mirada
Littlerock
Milken Community
Mission Viejo
North Torrance
Notre Dame (so)
Orange
Rancho Mirage
San Bernardino
San Fernando
Santa Fe (sfs)
Sierra Vista
Simi Valley
Temple City
Wasco
Whittier
Yeshiva

Race #11 - 11:46 AM

HS Division 3

Boys Varsity

Blue Wristband

3.0 Miles

Azusa
Barstow
Bonita (lv)
Casa Grande
Chino
Del Oro
El Capitan (lak)
Garey
Hawthorne

Heritage (men)
Independence (bak)
Jurupa Hills
La Mirada
Littlerock
Milken Community
Monrovia
Notre Dame (so)
Pacifica (gg)
Rosemead
San Bernardino
San Gabriel
San Gorgonio
Santana
Sierra Vista
South Hills
Torrance
West Hills
Wiseburn - Da Vinci

Race #12 - 11:53 AM

HS Division 3

Girls Varsity

Green Wristband

3.0 Miles

Agoura
Azusa
Bonita (lv)
Buhach Colony
Casa Grande
Diamond Ranch
El Monte
Heritage (men)
Hillcrest (riv)
Indian Springs
Irvine
Jurupa Hills
Leuzinger
Los Altos
Monroe
Monrovia
Pacifica (gg)
Ramona (ram)
Rosemead
San Gabriel
San Gorgonio
Santa Paula
Santiago (gg)
Sonora (lh)
Thousand Oaks
Vista Grande (AZ)
West Hills
Will C. Wood



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high school division race entries

RACE ENTRY LIST

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Race #14 - 12:05 PM

HS Division 4

Boys Frosh

Red Wristband

3.0 Miles

Baldwin Park
Banning (ban)
Bishop Alemany
Blair
Cabrillo (lom)
Carpinteria
Castaic
Chaminade
Classical Academy
Costa Mesa
Covina
Crawford
Crean Lutheran
Crespi
Damien
El Segundo
Excelsior Education Center
Gabrielino
Half Moon Bay
Harvard Westlake
John Glenn
La Salle
Laguna Hills
Marshall Fundamental
Miguel Contreras LC
Nordhoff
Northview
Ocean View (hb)
Oxford Academy
Saddleback
Santa Ynez
Tehachapi
Terra Linda
Verbum Dei
Wilson (hh)

Race #15 - 12:12 PM

HS Division 4&5

Girls Frosh

Yellow Wristband

3.0 Miles

Banning (ban)
Blair
Buckley
Cabrillo (lom)
Cal. Acad. Math/Science
Calvary Chapel (dow)
Calvary Chapel(sa)

Carpinteria
Castaic
Central City Value
Chadwick
Chaminade
Christian
Classical Academy
Costa Mesa
Crawford
Cristo Rey (sa)
Del Sol
El Segundo
Entrepreneur
Estancia
Excelsior Education Center
Farmersville
Firebaugh
Flintridge Prep
Flintridge Sacred Heart
Harvard Westlake
Hawthorne Math & Science
Heritage Christian
Hesperia Christian
High Tech High Mesa
Immaculate (la)
La Jolla Country Day
La Reina
La Salle
Laguna Hills
Lifeline Edu. Charter
Marlborough
Marymount (la)
Mayfield
Northview
Ocean View (hb)
Oxford Academy
Paraclete
Pilgrim
Pomona Catholic
Providence
Ramona Convent
Rosary (ful)
Sacred Heart Of Jesus
Saddleback
Saint Joseph
San Dimas
South Bakersfield
St. Anthony (lb)
St. Joseph (sm)
St. Margarets
St. Mary's Academy
St. Paul
Tehachapi

Terra Linda
The SEED School Of Los Angel
Village Christian
Whittier Christian
Wilson (hh)

Race #16 - 12:26 PM

HS Division 4&5

Boys Soph

Blue Wristband

3.0 Miles

Academy of Careers and Expl.
Banning (ban)
Buckley
Cabrillo (lom)
Cal. Acad. Math/Science
Carpinteria
Castaic
Central City Value
Chadwick
Chaminade
Christian
Classical Academy
Costa Mesa
Covina
Crawford
Damien
El Segundo
Excelsior Education Center
Flintridge Prep
Gabrielino
Half Moon Bay
Harvard Westlake
Hawthorne Math & Science
Heritage Christian
High Tech (sm)
High Tech High Mesa
John Glenn
La Salle
Laguna Hills
Lucerne Valley
Malibu
Marshall Fundamental
Miguel Contreras LC
Nordhoff
Northview
Ocean View (hb)
Ontario Christian
Pilgrim
Providence
Saddleback
San Dimas
Santa Clara (oxn)

Santa Clarita Christian
Serra (sd)
Silver Valley
St. Anthony (lb)
St. Joseph (sm)
St. Margarets
St. Paul
St. Pius X - St. Matthias Academ
Tehachapi
Terra Linda
The SEED School Of Los Angel
University Prep (vic)
Verbum Dei
Vista Meridian
West Shores
Whittier Christian
Wilson (hh)
Workman (coi)

Race #17 - 12:32 PM

HS Division 4&5

Girls Soph

Green Wristband

3.0 Miles

Buckingham Charter
Cabrillo (lom)
Canoga Park
Carpinteria
Central City Value
Chadwick
Chaminade
Christian
Classical Academy
Costa Mesa
Crawford
El Segundo
Entrepreneur
Excelsior Education Center
Flintridge Prep
Flintridge Sacred Heart
Frazier Mountain
Gabrielino
High Tech High Mesa
John Glenn
La Reina
La Salle
Laguna Hills
Lifeline Edu. Charter
Maranatha Christian
Marlborough
Marymount (la)
Miguel Contreras LC
Nordhoff

Northview
NOVA Acad. Early College
Ocean View (hb)
Our Lady of Peace
Oxford Academy
Paraclete
Pomona Catholic
Ramona Convent
Rosary (ful)
Saddleback
Saint Joseph
Santa Clara (oxn)
Santa Clarita Christian
Santa Ynez
Silver Valley
South Bakersfield
St. Anthony (lb)
St. Joseph (sm)
St. Monica Academy
St. Paul
Tehachapi
Village Christian
Vista Meridian
West Shores
Workman (coi)

Race #18 - 12:46 PM

HS Division 5

Boys Frosh

Red Wristband

3.0 Miles

Buckley
Calvary Chapel (dow)
Central City Value
Chadwick
Cristo Rey (sa)
Del Sol
Flintridge Prep
Hawthorne Math & Science
Heritage Christian
Hesperia Christian
High Tech (sm)
High Tech High Mesa
Lifeline Edu. Charter
Lucerne Valley
Maranatha
Notre Dame(riv)
Ontario Christian
Pacifica Christian (sm)
Paraclete
Pilgrim
Providence
Santa Clara (oxn)



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Santa Clarita Christian
Silver Valley
St. Anthony (lb)
St. Bonaventure
St. Margarets
St. Paul
St. Pius X - St. Matthias Academ
The SEED School Of Los Angel
Valley Christian (cer)
West Shores
Whittier Christian

Race #19 - 12:54 PM
HS Division 4&5
Girls JV Open
Yellow Wristband
3.0 Miles

Aquinas
Baldwin Park
Banning (ban)
Bishop Montgomery
Bret Harte
Canoga Park
Cathedral City
Chadwick
Chaminade
Classical Academy
Costa Mesa
Crawford
Crean Lutheran
El Segundo
Farmersville
Flintridge Prep
Flintridge Sacred Heart
Gabrielino
Half Moon Bay
Harvard Westlake
Immaculate (la)
Laguna Hills
Liberty Madera
Maranatha
Marlborough
Marshall Fundamental
Marymount (la)
Mater Dei (sd)
Mayfield
Miguel Contreras LC
Nordhoff
Notre Dame Prep (AZ)
Ocean View (hb)
Ontario Christian
Paraclete
Ramona Convent

Sacred Heart Of Jesus
Saddleback
Saint Joseph
St. Anthony (lb)
St. Lucys
St. Margarets
Sun Valley Magnet
Temecula Prep
Thacher
Westridge
Wilson (hh)

Race #20 - 1:09 PM
HS Division 4
Boys JV Open
Blue Wristband
3.0 Miles

Aquinas
Baldwin Park
Banning (ban)
Bassett
Bellflower
Blair
Cabrillo (lom)
Canoga Park
Cathedral City
Chaminade
Classical Academy
Cobalt Institute of Math and Scie
Costa Mesa
Covina
Crawford
Crean Lutheran
Damien
El Segundo
Excelsior Education Center
Gabrielino
Half Moon Bay
Harvard Westlake
John Glenn
La Puente
Laguna Hills
Liberty Madera
Marshall Fundamental
Mater Dei (sd)
Miguel Contreras LC
Mountain View (em)
Nordhoff
Northview
Notre Dame Prep (AZ)
Ocean View (hb)
Oxford Academy
Saddleback

South Anchorage (AK)
University Prep (vic)
Verbum Dei
Virgin Valley (NV)
Wilson (hh)

Race #21 - 1:22 PM
HS Division 5
Boys JV Open
Green Wristband
3.0 Miles

Avalon
Bret Harte
Buckingham Charter
Calexico Mission
Calvary Chapel (dow)
Central City Value
Chadwick
Community Charter Early Colleg
EF Academy
Fairmont Prep (ana)
Flintridge Prep
Hawthorne Math & Science
Heritage Christian
High Tech (sm)
La Jolla Country Day
Loma Linda Acad.
Maranatha
Notre Dame(riv)
Oakwood (nh)
Paraclete
Silver Valley
St. Anthony (lb)
St. Margarets
St. Monica Academy
St. Pius X - St. Matthias Academ
Sun Valley Magnet
Trinity Classical Acad.
Valley Christian (cer)

Race #22 - 1:34 PM
HS Division 4
Girls Varsity
Red Wristband
3.0 Miles

Archer
Bassett
Bishop Alemany
Bishop Union
Cabrillo (lom)
Canoga Park
Castaic
Chaminade

Cobalt Institute of Math and Scie
Crawford
Crean Lutheran
Escalon
Excelsior Education Center
Flintridge Sacred Heart
Half Moon Bay
Immaculate (la)
James Lick
Marlborough
Marymount (la)
Mayfield
Mendez LC
Mission Oak
New West Charter
Nipomo
Notre Dame Prep (AZ)
Novato
Our Lady of Peace
Oxford Academy
South Anchorage (AK)
South Bakersfield
Tehachapi
Terra Linda
Wilson (hh)

Race #23 - 1:47 PM
HS Division 4
Boys Varsity
Yellow Wristband
3.0 Miles

Aquinas
Banning (ban)
Bellflower
Cabrillo (lom)
Cal. Acad. Math/Science
Carpinteria
Castaic
Cathedral City
Classical Academy
Costa Mesa
Crawford
Crespi
El Segundo
Excelsior Education Center
Firebaugh
Half Moon Bay
Harvard Westlake
La Salle
Laguna Hills
Liberty Madera
Mater Dei (sd)
Mendez LC

Morro Bay
New West Charter
Nordhoff
Novato
Ocean View (hb)
San Dimas
Santa Ynez
South Anchorage (AK)
Terra Linda
Verbum Dei
Virgin Valley (NV)

Race #24 - 1:54 PM
HS Division 4
Girls Varsity
Blue Wristband
3.0 Miles

Abraham Lincoln
Aquinas
Baldwin Park
Banning (ban)
Bellflower
Blair
Carpinteria
Cathedral City
Classical Academy
Costa Mesa
Covina
El Segundo
Farmersville
Gabrielino
Harvard Westlake
High Tech (cv)
John Glenn
Laguna Hills
Liberty Madera
Marshall Fundamental
Mater Dei (sd)
Miguel Contreras LC
Morro Bay
Mountain View (em)
Nordhoff
Northview
Ocean View (hb)
Rosary (ful)
Saddleback
San Dimas
Virgin Valley (NV)



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Race #25 - 2:07 PM

HS Division 4

Boys Varsity Green Wristband

3.0 Miles

Abraham Lincoln
Baldwin Park
Bassett
Bishop Alemany
Bishop Union
Blair
Canoga Park
Chaminade
Cobalt Institute of Math and Scie
Covina
Crean Lutheran
Damien
Escalon
Estancia
Farmersville
Gabrielino
High Tech (cv)
James Lick
John Glenn
La Puente
Marshall Fundamental
Miguel Contreras LC
Mission Oak
Mountain View (em)
Nipomo
Northview
Notre Dame Prep (AZ)
Oxford Academy
Saddleback
Serra (sd)
South Bakersfield
Tehachapi
University Prep (vic)
Wilson (hh)

Race #26 - 2:14 PM

HS Division 5

Girls Varsity Red Wristband

3.0 Miles

Avalon
Buckingham Charter
Buckley
California Lutheran
Calvary Chapel(sa)
Calvin Christian
Christian
Flintridge Prep

Hawthorne Math & Science

Hesperia Christian
High Tech (sm)
La Jolla Country Day
La Puente
La Salle
Lifeline Edu. Charter
Lucerne Valley
Mammoth
Maranatha
Oakwood (nh)
Pilgrim
Pomona Catholic
Sacred Heart Of Jesus
Saint Joseph
Southlands Christian
St. Bonaventure
St. Lucys
St. Margarets
St. Pius X - St. Matthias Academ
Thacher
United Christian Acad.
Valley Christian (cer)
West Shores
Westridge

Race #27 - 2:27 PM

HS Division 5

Boys Varsity Yellow Wristband

3.0 Miles

Academy of Careers and Expl.
Avalon
Buckley
Calvary Chapel (dow)
Calvary Chapel(sa)
Campbell Hall
Chadwick
Flintridge Prep
Hawthorne Math & Science
High Tech (sm)
Lucerne Valley
Malibu
Maranatha Christian
Oakwood (nh)
Ontario Christian
Providence
Silver Valley
St. Margarets
St. Pius X - St. Matthias Academ
Trinity Classical Acad.
United Christian Acad.
Valley Lutheran (AZ)

Village Christian

Race #28 - 2:34 PM

HS Division 5

Girls Varsity Blue Wristband

3.0 Miles

Bret Harte
Calvary Chapel (dow)
Central City Value
Chadwick
Community Charter Early Colleg
East Valley
EF Academy
Fairmont Prep (ana)
Heritage Christian
High Tech High Mesa
La Reina
Loma Linda Acad.
Louisville
Malibu
Notre Dame(riv)
Paraclete
Providence
Ramona Convent
Santa Clarita Christian
St. Anthony (lb)
St. Genevieve
St. Joseph (sm)
St. Mary's Academy
Sun Valley Magnet
Temecula Prep
Trinity Classical Acad.
Vasquez
Whittier Christian

Race #29 - 2:48 PM

HS Division 5

Boys Varsity Green Wristband

3.0 Miles

Bethel Christian (riv)
Bret Harte
Calvin Christian
Community Charter Early Colleg
Entrepreneur
Fairmont Prep (ana)
Frazier Mountain
Hamilton
Health Sciences High and MC
Hesperia Christian
High Tech High Mesa
Loma Linda Acad.

Mammoth

Notre Dame(riv)
Ojai Valley
Paraclete
St. Anthony (lb)
St. Monica Academy
Sun Valley Magnet
Temecula Prep
Valley Christian (cer)
Vista Meridian
Whittier Christian

Race #30 - 3:00 PM

HS Division 5

Boys Varsity Red Wristband

3.0 Miles

Buckingham Charter
Calexico Mission
California Lutheran
Central City Value
Christian
East Valley
EF Academy
Heritage Christian
La Jolla Country Day
Lifeline Edu. Charter
Maranatha
NOVA Acad. Early College
Pilgrim
Santa Clara (oxn)
St. Bonaventure
St. Genevieve
St. Paul
Thacher
Vasquez
West Shores

Race #33 - 3:11 PM

HS Division 3,4&5

Boys JV Open Yellow Wristband

3.0 Miles

Agoura
Arroyo (em)
Bishop Montgomery
Capo Valley
Cate
Cathedral (la)
Cathedral Catholic (sd)
Crossroads
Desert Christian (lan)
Esperanza

Foothill Technology

La Canada
McFarland
Oak Park
Sage Hill
Samueli Academy
Shadow Hills
South Pasadena
South Torrance
St. Francis (lc)
St. John Bosco
Windward (la)
Yorba Linda

Race #34 - 3:19 PM

HS Division 3,4&5

Girls Frosh Blue Wristband

3.0 Miles

Arroyo (em)
Bishop Amat
Bishop Montgomery
Canyon (cc)
Capo Valley
Desert Christian (lan)
Esperanza
Foothill Technology
Francis Parker
Fullerton
La Canada
McFarland
Moorpark
Oak Park
Pasadena Poly
Rowland
Sacramento Country Day
Sage Creek
Santa Margarita
Shadow Hills
South Pasadena
South Torrance
West Covina
West Ranch
West Torrance
Xavier College Prep (pd)
Yorba Linda

Race #35 - 3:33 PM

HS Division 3,4&5

Boys Frosh Green Wristband

3.0 Miles

Agoura



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Arroyo (em)
Bishop Montgomery
Burrough(rid)
Canyon (cc)
Capo Valley
Cathedral (la)
Cathedral Catholic (sd)
Citrus Hill
Convent & Stuart Hall
Desert Christian (lan)
Don Bosco Tech
Esperanza
Foothill Technology
Francis Parker
Fullerton
Godinez
High Tech High (sd)
La Canada
McFarland
Moapa Valley (NV)
Moorpark
Nueva
Oak Park
Palos Verdes
Pasadena Poly
Rim Of The World
Rowland
Sacramento Country Day
Sage Creek
Samueli Academy
San Marino
Santa Margarita
Savanna
Servite
Shadow Hills
South Pasadena
South Torrance
St. Francis (lc)
St. John Bosco
Truckee
Viewpoint
West Covina
West Ranch
West Torrance
Xavier College Prep (pd)
Yorba Linda

Race #36 - 3:41 PM
HS Division 3,4&5
Girls Soph
Red Wristband
3.0 Miles
Arroyo (em)

Bishop Montgomery
Burrough(rid)
Canyon (cc)
Capo Valley
Desert Christian (lan)
Esperanza
Fillmore
Francis Parker
Fullerton
High Tech High (sd)
La Canada
McFarland
Moorpark
Oak Park
Rowland
Sacramento Country Day
Sage Creek
Santa Margarita
Savanna
Shadow Hills
South Pasadena
South Torrance
West Covina
West Ranch
West Torrance
Xavier College Prep (pd)
Yorba Linda

Race #37 - 3:56 PM
HS Division 3,4&5
Boys Varsity
Yellow Wristband
3.0 Miles
Capo Valley
Citrus Hill
Fillmore
La Jolla
McFarland
North Tahoe
Pasadena Poly
Sage Hill
Samueli Academy
Shadow Hills
South Torrance
The Bishop's School
Truckee
Verdugo Hills
West Covina
Xavier College Prep (pd)

Race #38 - 4:04 PM
HS Division 3,4&5
Girls Varsity
Blue Wristband
3.0 Miles
Academy For Academic Excel.
Arroyo (em)
Big Bear
Bishop Montgomery
Burrough(rid)
Cate
Crossroads
Desert Christian (lan)
Foothill Technology
Godinez
McFarland
Santa Fe Christian
Savanna
Torres
Verdugo Hills
West Anchorage (AK)
West Ranch
Windward (la)

Race #39 - 4:18 PM
HS Division 3,4&5
Boys Soph
Green Wristband
3.0 Miles
Academy For Academic Excel.
Agoura
Arroyo (em)
Bishop Amat
Bishop Montgomery
Burrough(rid)
Canyon (cc)
Capo Valley
Cathedral Catholic (sd)
Citrus Hill
Convent & Stuart Hall
Desert Christian (lan)
Don Bosco Tech
Esperanza
Fillmore
Foothill Technology
Francis Parker
Fullerton
Godinez
High Tech High (sd)
La Canada
McFarland
Moapa Valley (NV)
Moorpark

Nueva
Oak Park
Rim Of The World
Rowland
Sage Creek
Samueli Academy
Santa Margarita
Savanna
Servite
South Pasadena
South Torrance
St. Francis (lc)
St. John Bosco
Truckee
Viewpoint
West Covina
West Ranch
West Torrance
Yorba Linda

Race #40 - 4:26 PM
HS Division 3,4&5
Girls JV Open
Red Wristband

3.0 Miles
Arroyo (em)
Big Bear
Bishop Amat
Burrough(rid)
Canyon (cc)
Capo Valley
Cathedral Catholic (sd)
Convent & Stuart Hall
Fillmore
Foothill Technology
Francis Parker
Fullerton
Godinez
La Canada
La Costa Canyon
La Jolla
McFarland
Moorpark
Oak Park
Palos Verdes
Pasadena Poly
Rim Of The World
Rowland
Sage Creek
Sage Hill
Samueli Academy
Santa Margarita
Shadow Hills

South Pasadena
South Torrance
Truckee
University City
Viewpoint
West Covina
West Ranch
West Torrance
Yorba Linda

Race #41 - 4:39 PM
HS Division 3,4&5
Boys JV Open
Yellow Wristband
3.0 Miles

Big Bear
Burrough(rid)
Canyon (cc)
Convent & Stuart Hall
Don Bosco Tech
Fillmore
Francis Parker
Fullerton
Godinez
High Tech High (sd)
La Costa Canyon
La Jolla
Moorpark
Palos Verdes
Pasadena Poly
Rim Of The World
Rowland
Sage Creek
San Marino
Santa Margarita
Savanna
Servite
University City
Viewpoint
West Covina
West Ranch
West Torrance
Xavier College Prep (pd)

Race #42 - 4:55 PM
HS Division 3,4&5
Girls Team Sweepstakes
Blue Wristband
3.0 Miles
Cathedral Catholic (sd)
Fillmore
La Canada
La Costa Canyon



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La Jolla
Moorpark
North Tahoe
Oak Park
Palos Verdes
Rim Of The World
Sage Hill
Santa Margarita
Shadow Hills
South Pasadena
South Torrance
University City
Viewpoint
West Torrance
Yorba Linda

Race #43 - 5:13 PM
HS Division 3,4&5
Boys Team Sweepstakes
Green Wristband
3.0 Miles

Agoura
Canyon (cc)
Cathedral Catholic (sd)
Crossroads
Desert Christian (lan)
Foothill Technology
Francis Parker
La Canada
La Costa Canyon
Moorpark
Oak Park
Palos Verdes
Rim Of The World
Sage Creek
Santa Margarita
Servite
South Pasadena
St. Francis (lc)
St. John Bosco
Torres
Viewpoint
West Ranch
West Torrance
Windward (la)
Yorba Linda

Race #44 - 5:31 PM
HS Division 3,4&5
Girls Individual Sweepsta
Red Wristband
3.0 Miles
Bishop Amat

Canyon (cc)
Capo Valley
Citrus Hill
Convent & Stuart Hall
Esperanza
Francis Parker
Fullerton
Nueva
Pasadena Poly
Petaluma
Rowland
Sage Creek
Samueli Academy
San Marino
The Bishop's School
Truckee
West Covina
Xavier College Prep (pd)

Race #45 - 5:50 PM
HS Division 3,4&5
Boys Individual Sweepsta
Yellow Wristband
3.0 Miles

Academy For Academic Excel.
Arroyo (em)
Big Bear
Bishop Amat
Bishop Montgomery
Burrough(rid)
Cate
Cathedral (la)
Convent & Stuart Hall
Don Bosco Tech
Esperanza
Fullerton
Godinez
High Tech High (sd)
Moapa Valley (NV)
Mount Miguel
Nueva
Rowland
Sacramento Country Day
San Marino
Santa Fe Christian
Savanna
University City
Wildwood (la)

Race #51 - 7:30 AM
HS Division 1&2
Boys Frosh
Blue Wristband
3.0 Miles

Arcadia
Camarillo
Canyon (ana)
Chaffey
Crescenta Valley
Delasalle
Foothill (sa)
Granada Hills
Great Oak
Loyola
Mira Costa
Newbury Park
Peninsula
Poly (riv)
Redondo
Santa Ana
Santiago (cor)
Torrey Pines
Trabuco Hills
University (irv)
Ventura

Race #52 - 7:43 AM
HS Division 1&2
Boys Frosh
Green Wristband
3.0 Miles

Aliso Niguel
Ayala
Beckman
Canyon Crest Academy
Centennial (cor)
Chaparral
Claremont
El Camino (oce)
El Toro
Etiwanda
Glendora
La Serna
Long Beach Poly
Millikan
Norco
Portola (irv)
Rancho Cucamonga
San Clemente
Santa Barbara
Santa Monica
Saugus

Vista Murrieta
Walnut

Race #53 - 7:50 AM
HS Division 1&2
Girls Frosh
Red Wristband
3.0 Miles

Aliso Niguel
Ayala
Canyon (ana)
Canyon Crest Academy
Centennial (cor)
Chaffey
Claremont
Crescenta Valley
El Camino (oce)
El Toro
Foothill (sa)
Glendora
Granada Hills
Great Oak
La Serna
Long Beach Poly
Millikan
Mira Costa
Newbury Park
Norco
Peninsula
Poly (riv)
Portola (irv)
Rancho Cucamonga
Redondo
San Clemente
Santa Ana
Santa Barbara
Santa Monica
Santiago (cor)
Saugus
Torrey Pines
University (irv)
Ventura
Vista Murrieta
Walnut

Race #54 - 8:04 AM
HS Division 1&2
Boys Soph
Yellow Wristband
3.0 Miles

Arcadia
Camarillo
Canyon (ana)

Chaffey
Crescenta Valley
Delasalle
Foothill (sa)
Granada Hills
Great Oak
Loyola
Mira Costa
Newbury Park
Peninsula
Poly (riv)
Portola (irv)
Redondo
Santa Ana
Santiago (cor)
Torrey Pines
Trabuco Hills
University (irv)
Ventura

Race #55 - 8:17 AM
HS Division 1&2
Boys Soph
Blue Wristband
3.0 Miles

Aliso Niguel
Ayala
Beckman
Canyon Crest Academy
Centennial (cor)
Chaparral
Claremont
El Camino (oce)
El Toro
Etiwanda
Glendora
La Serna
Long Beach Poly
Millikan
Norco
Rancho Cucamonga
Santa Monica
Saugus
Vista Murrieta
Walnut

Race #56 - 8:24 AM
HS Division 1&2
Girls Soph
Green Wristband
3.0 Miles

Aliso Niguel
Ayala



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results on the web at: <https://finishedresults.com/meets/4635>

high school division race entries

RACE ENTRY LIST

updated 10/18/2023 11:08:17 PM

Centennial (cor) Chaffey Claremont Crescenta Valley El Camino (oce) El Dorado (pla) El Toro Etiwanda Foothill (sa) Glendora Granada Hills Great Oak Highland (bak) La Serna Long Beach Poly Mira Costa Newbury Park Norco Peninsula Poly (riv) Rancho Cucamonga Redondo San Clemente Santa Ana Santa Monica Santiago (cor) Saugus Torrey Pines University (irv) Ventura Vista Murrieta Walnut	Mira Costa Newbury Park Redondo San Clemente Santa Barbara Santiago (cor) Torrey Pines Trabuco Hills Ventura Race #58 - 8:46 AM HS Division 1&2 Girls JV Open Yellow Wristband 3.0 Miles Arcadia Ayala Camarillo Canyon (ana) Chaffey Crescenta Valley El Toro Granada Hills Great Oak Hueneme Laguna Creek Mira Costa Peninsula Poly (riv) Redondo Santa Ana Santiago (cor) Torrey Pines University (irv) Ventura Race #59 - 9:02 AM HS Division 1&2 Boys Individual Sweepstakes Blue Wristband 3.0 Miles Aliso Niguel Arcadia Camarillo Canyon (ana) Canyon Crest Academy Chaffey Chaparral Clayton Valley Cleveland Del Norte (sd) Delasalle El Camino (oce)	El Toro Etiwanda Fontana Foothill (sa) Granada Hills Hueneme La Serna Millikan Poly (riv) Rancho Bernardo Redondo Saugus Race #60 - 9:22 AM HS Division 1&2 Girls Individual Sweepstakes Green Wristband 3.0 Miles Arcadia Canyon (ana) Chaffey Cleveland Clovis West Crescenta Valley El Camino (oce) El Toro Etiwanda Highland (bak) Liberty (bak) Millikan Palisades Poly (riv) Portola (irv) Rancho Cucamonga Redondo Santa Ana University (irv) Walnut Westview (sd) Race #61 - 9:42 AM HS Division 1&2 Boys Team Sweepstakes Red Wristband 3.0 Miles Ayala Beckman Clovis West Crescenta Valley El Dorado (pla) Glendora Great Oak Loyola	M.L. King (riv) Mira Costa Newbury Park Palisades Poway Rancho Cucamonga San Clemente Santa Barbara Torrey Pines Trabuco Hills Ventura Westview (sd) Race #62 - 10:02 AM HS Division 1&2 Girls Team Sweepstakes Yellow Wristband 3.0 Miles Ayala Canyon Crest Academy Claremont Del Norte (sd) Great Oak Long Beach Poly Mira Costa Peninsula Poway Santa Monica Santiago (cor) Saugus Torrey Pines Ventura Vista Murrieta Race #63 - 10:16 AM HS Division 1&2 Boys Varsity Blue Wristband 3.0 Miles Centennial (cor) Claremont James Logan Laguna Creek Liberty (bak) Long Beach Poly Norco Peninsula Portola (irv) Santa Ana Santa Monica Santiago (cor) University (irv) Vista Murrieta	Walnut Race #64 - 10:24 AM HS Division 1&2 Girls Varsity Green Wristband 3.0 Miles Aliso Niguel Beckman Camarillo Centennial (cor) Chaparral Clayton Valley El Dorado (pla) Fontana Foothill (sa) Glendora Granada Hills Hueneme La Serna Laguna Creek M.L. King (riv) Newbury Park Norco Rancho Bernardo Santa Barbara Race #65 - 10:38 AM HS Division 1&2 Boys JV Open Red Wristband 3.0 Miles Aliso Niguel Canyon (ana) Canyon Crest Academy Centennial (cor) Chaffey Chaparral Claremont El Camino (oce) Etiwanda Hueneme La Serna Liberty (bak) Long Beach Poly M.L. King (riv) Millikan Norco Peninsula Poly (riv) Portola (irv) Rancho Cucamonga Santa Ana
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high school division race entries

RACE ENTRY LIST

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Santa Monica
Saugus
University (irv)
Vista Murrieta
Walnut

Race #66 - 10:46 AM
HS Division 1&2
Girls JV Open
Yellow Wristband
3.0 Miles

Aliso Niguel
Canyon Crest Academy
Centennial (cor)
Chaparral
Claremont
Cleveland
El Camino (oce)
Etiwanda
Foothill (sa)
Glendora
La Serna
Long Beach Poly
M.L. King (riv)
Millikan
Rancho Cucamonga
Santa Barbara
Santa Monica
Saugus
Vista Murrieta
Walnut

Race #70 - 11:01 AM
HS Division 1
Boys Varsity
Blue Wristband
3.0 Miles

Alameda
American (fre)
Birmingham
Castro Valley
Channel Islands
Diamond Bar
El Camino Real (wh)
Fountain Valley
Glendale
Homestead (cup)
Knight
Lancaster
Mission Hills
Oak Hills
Patrick Henry
Pleasant Grove

Rialto
San Juan Hills
San Pedro
Taft (wh)
Valencia (pla)
Venice
Warren

Race #71 - 11:08 AM
HS Division 1
Girls Varsity
Green Wristband
3.0 Miles

Alisal
Arroyo Valley
Burbank
Channel Islands
Chino Hills
Coachella Valley
Eastside (lan)
Glendale
Hamilton (la)
Kennedy
La Quinta(lq)
Mission Hills
North Hollywood
Patriot
Quartz Hill
Rio Mesa
Robert F. Kennedy
San Marcos (sm)
Troy
Valencia (val)
Valley View

Race #72 - 11:21 AM
HS Division 1
Boys Varsity
Red Wristband
3.0 Miles

Alisal
Anaheim
Antioch
Arroyo Valley
Burbank
Coachella Valley
Downey (dow)
Garfield
Hemet
Kennedy
La Quinta(lq)
Liberty (bre)
Northgate

Paramount
Patriot
Quartz Hill
Rio Mesa
San Leandro
Summit (fon)
Troy
Valencia (val)
Wilson (lb)

Race #73 - 11:28 AM
HS Division 1
Girls Varsity
Yellow Wristband
3.0 Miles

Alta Loma
Antioch
Bell Gardens
Castro Valley
Diamond Bar
El Camino Real (wh)
Fountain Valley
Highland (pal)
King City
Lakewood
Lancaster
Oak Hills
Oxnard
Paramount
Pittsburg
Redwood (vis)
Roosevelt (eas)
San Pedro
Taft (wh)
Upland
Venice
Warren

Race #74 - 11:42 AM
HS Division 1
Boys Varsity
Blue Wristband
3.0 Miles

Alta Loma
Bell Gardens
Cajon
Canyon Springs
Chino Hills
Eastside (lan)
Grossmont
Hamilton (la)
Highland (pal)
King City

Lakewood
Los Osos
Orange Vista
Oxnard
Pittsburg
Redwood (vis)
Robert F. Kennedy
Roosevelt (eas)
San Marcos (sm)
Sunny Hills
Upland
Valley View

Race #75 - 11:49 AM
HS Division 1
Girls Varsity
Green Wristband
3.0 Miles

Alameda
Anaheim
Birmingham
Cajon
Canyon Springs
Downey (dow)
Garfield
Grossmont
Homestead (cup)
Knight
Liberty (bre)
Los Osos
Northgate
Orange Vista
Patrick Henry
Pleasant Grove
Rialto
San Juan Hills
Sunny Hills
Valencia (pla)
Wilson (lb)

Race #76 - 12:03 PM
HS Division 1
Boys Frosh
Red Wristband
3.0 Miles

Alisal
Alta Loma
Anaheim
Antioch
Bell Gardens
Burbank
Cajon
Canyon Springs

Channel Islands
Chino Hills
Coachella Valley
Downey (dow)
El Camino Real (wh)
Fountain Valley
Garfield
Grossmont
La Quinta(lq)
Lakewood
Los Osos
Mission Hills
Northgate
Oak Hills
Orange Vista
Oxnard
Paramount
Patrick Henry
Patriot
Pleasant Grove
Quartz Hill
Redwood (vis)
Rio Mesa
Roosevelt (eas)
San Juan Hills
San Pedro
Sunny Hills
Troy
Upland
Valencia (pla)
Valencia (val)
Valley View
Venice
Warren
Westminster
Wilson (lb)

Race #77 - 12:11 PM
HS Division 1
Girls Frosh
Yellow Wristband
3.0 Miles

Alisal
Alta Loma
Anaheim
Bell Gardens
Burbank
Cajon
Canyon Springs
Channel Islands
Chino Hills
Coachella Valley
Downey (dow)



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high school division race entries

RACE ENTRY LIST

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<p>El Camino Real (wh) Etiwanda Fountain Valley Garfield Grossmont La Quinta(lq) Lakewood Los Osos Mission Hills Northgate Oak Hills Orange Vista Oxnard Paramount Patriot Pleasant Grove Quartz Hill Redwood (vis) Roosevelt (eas) San Juan Hills San Pedro Sunny Hills Troy Upland Valencia (pla) Valencia (val) Valley View Venice Warren Westminster Wilson (lb)</p> <p>Race #78 - 12:27 PM HS Division 1 Boys Soph Blue Wristband 3.0 Miles</p> <p>Alisal Alta Loma Anaheim Antioch Bell Gardens Cajon Canyon Springs Channel Islands Chino Hills Coachella Valley Downey (dow) El Camino Real (wh) Garfield Glendale Grossmont Hemet La Quinta(lq) Lakewood Los Osos Oak Hills Orange Vista</p>	<p>Lancaster Los Osos Northgate Oak Hills Orange Vista Oxnard Paramount Patrick Henry Patriot Pleasant Grove Quartz Hill Redwood (vis) Rio Mesa Roosevelt (eas) San Juan Hills San Pedro Sunny Hills Troy Upland Valencia (pla) Valencia (val) Valley View Venice Warren Westminster Wilson (lb)</p> <p>Race #79 - 12:35 PM HS Division 1 Girls Soph Green Wristband 3.0 Miles</p> <p>Alisal Alta Loma Anaheim Antioch Bell Gardens Cajon Canyon Springs Channel Islands Chino Hills Coachella Valley Downey (dow) El Camino Real (wh) Garfield Glendale Grossmont Hemet La Quinta(lq) Lakewood Los Osos Oak Hills Orange Vista</p>	<p>Oxnard Paramount Patriot Quartz Hill Roosevelt (eas) San Juan Hills San Pedro Sunny Hills Taft (wh) Troy Upland Valencia (pla) Valencia (val) Valley View Warren Westminster Wilson (lb)</p> <p>Race #80 - 12:51 PM HS Division 1 Boys JV Open Red Wristband 3.0 Miles</p> <p>American (fre) Bell Gardens Birmingham Cajon Channel Islands Downey (dow) Fountain Valley Garfield La Quinta(lq) Lancaster Mission Hills Oxnard Patriot Pittsburg Pleasant Grove Quartz Hill Redwood (vis) Rio Mesa San Juan Hills Sunny Hills Taft (wh) Troy Valencia (pla) Valley View</p> <p>Race #81 - 12:59 PM HS Division 1 Girls JV Open Yellow Wristband 3.0 Miles</p>	<p>Alameda Alta Loma Bell Gardens Cajon Channel Islands Chino Hills Diamond Bar Downey (dow) El Camino Real (wh) Fountain Valley Garfield Hamilton (la) La Quinta(lq) Mission Hills Northgate Orange Vista Oxnard Patrick Henry Patriot Pittsburg Pleasant Grove Quartz Hill Redwood (vis) Roosevelt (eas) San Juan Hills San Pedro Sunny Hills Troy Upland Valencia (pla) Valencia (val) Warren Wilson (lb)</p> <p>Race #82 - 1:14 PM HS Division 1 Boys JV Open Blue Wristband 3.0 Miles</p> <p>Alameda Alisal Alta Loma Anaheim Burbank Chino Hills Diamond Bar El Camino Real (wh) Homestead (cup) Lakewood Los Osos Northgate Oak Hills Orange Vista</p>	<p>Patrick Henry Roosevelt (eas) San Pedro Upland Valencia (val) Warren Wilson (lb)</p> <p>Race #85 - 3:10 PM HS Division 2 Girls JV Open Green Wristband 3.0 Miles</p> <p>Bravo Medical Magnet (la) California (whi) Centennial Cerritos Citrus Valley Culver City Dos Pueblos Eagle Rock Hesperia Hilltop Kennedy (lp) Liberty (bak) Marina Ontario Rancho Verde Redlands San Marcos (sb) Santee EC Seegerstrom Serrano Steele Canyon Stockdale Temescal Canyon Tesoro Villa Park Vintage Westlake Woodbridge</p> <p>Race #86 - 3:26 PM HS Division 2 Boys JV Open Red Wristband 3.0 Miles</p> <p>Alhambra (alh) Apple Valley Arlington Bravo Medical Magnet (la) California (whi) Centennial</p>
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<p>Cerritos Citrus Valley Corona Culver City Edison (hb) Eisenhower (ria) El Modena Geffen Acad. Hesperia Hilltop Kennedy (lp) La Habra Leigh Madera Marina Mark Keppel Mira Mesa Murrieta Mesa Murrieta Valley Ontario Rancho Verde Redlands San Marcos (sb) Santee EC Segerstrom Serrano Steele Canyon Stockdale Temescal Canyon Tesoro Villa Park Westlake Woodbridge</p> <p>Race #87 - 3:34 PM HS Division 2 Girls Soph Yellow Wristband 3.0 Miles</p> <p>Alhambra (alh) Apple Valley Arlington Bravo Medical Magnet (la) California (whi) Centennial Cerritos Citrus Valley Corona Culver City Dos Pueblos Eagle Rock Edison (hb) El Modena Geffen Acad. Hesperia Kennedy (lp) Leigh Marina Mark Keppel Moreno Valley Murrieta Mesa Murrieta Valley Ontario Rancho Verde Redlands San Marcos (sb) Santa Ana Valley Segerstrom Serrano Temescal Canyon Tesoro Villa Park Vintage Westlake Woodbridge</p>	<p>Moreno Valley Ontario San Marcos (sb) Segerstrom Serrano Steele Canyon Temescal Canyon Tesoro Westlake</p> <p>Race #88 - 3:50 PM HS Division 2 Boys Soph Blue Wristband 3.0 Miles</p> <p>Alhambra (alh) Apple Valley Arlington Bravo Medical Magnet (la) California (whi) Centennial Cerritos Citrus Valley Colony Corona Culver City Dos Pueblos Eagle Rock Edison (hb) El Modena Geffen Acad. Hesperia Kennedy (lp) Leigh Marina Mark Keppel Moreno Valley Murrieta Mesa Murrieta Valley Ontario Rancho Verde Redlands San Marcos (sb) Santa Ana Valley Segerstrom Serrano Temescal Canyon Tesoro Villa Park Vintage Westlake Woodbridge</p>	<p>Race #89 - 3:58 PM HS Division 2 Girls Frosh Green Wristband 3.0 Miles</p> <p>Alhambra (alh) Apple Valley Arlington Bravo Medical Magnet (la) California (whi) Centennial Cerritos Citrus Valley Colony Corona Culver City Eagle Rock Edison (hb) Hesperia Marina Mark Keppel Murrieta Mesa Murrieta Valley Ontario Redlands San Marcos (sb) Santee EC Segerstrom Serrano Steele Canyon Temescal Canyon Tesoro Villa Park Westlake</p> <p>Race #90 - 4:14 PM HS Division 2 Boys Frosh Red Wristband 3.0 Miles</p> <p>Apple Valley Arlington Bravo Medical Magnet (la) California (whi) Centennial Cerritos Citrus Valley Colony Culver City Eagle Rock Edison (hb) Geffen Acad. Hesperia</p>	<p>Kennedy (lp) Leigh Marina Mark Keppel Moreno Valley Murrieta Mesa Murrieta Valley Ontario Rancho Verde Redlands San Marcos (sb) Santa Ana Valley Segerstrom Serrano Steele Canyon Temescal Canyon Tesoro Villa Park Westlake Woodbridge</p> <p>Race #91 - 4:22 PM HS Division 2 Girls Varsity Yellow Wristband 3.0 Miles</p> <p>Alhambra (alh) Bravo Medical Magnet (la) Cerritos Corona Dos Pueblos Edison (hb) Eisenhower (ria) Heritage (bre) Hesperia La Habra Mark Keppel Mira Mesa Murrieta Mesa Ontario Redlands San Pasqual Santee EC Stockdale Sylmar Vintage</p> <p>Race #92 - 4:38 PM HS Division 2 Boys Varsity Blue Wristband 3.0 Miles</p> <p>Bonita Vista</p>	<p>Centennial Citrus Valley Corona Eagle Rock El Modena Elsinore Heritage (bre) Hilltop La Quinta (wes) Leigh Mira Mesa Moreno Valley Murrieta Valley Ramona (riv) San Dieguito Acad. Scripps Ranch Steele Canyon Temescal Canyon Vintage Westlake</p> <p>Race #93 - 4:46 PM HS Division 2 Girls Varsity Green Wristband 3.0 Miles</p> <p>Arlington California (whi) Colony Culver City El Diamante El Modena Elsinore Esteban Torres Hilltop La Quinta (wes) Leigh Marina Mt. Carmel Ramona (riv) San Dieguito Acad. Scripps Ranch Steele Canyon Temescal Canyon Villa Park Westlake</p> <p>Race #94 - 5:02 PM HS Division 2 Boys Varsity Red Wristband 3.0 Miles</p> <p>Alhambra (alh)</p>
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high school division race entries

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Bravo Medical Magnet (la)
Cerritos
Dos Pueblos
Edison (hb)
El Rancho
Freedom
Kennedy (lp)
Madera
Marina
Mt. Carmel
Northwood
Ontario
Rancho Verde
San Marcos (sb)
Santa Ana Valley
Segerstrom
Stockdale
Tesoro
University (la)
University (la)
Woodbridge

Arlington
Belmont
California (whi)
Colony
Culver City
Eisenhower (ria)
El Diamante
Geffen Acad.
Hesperia
La Habra
Mark Keppel
Murrieta Mesa
Palmdale
Redlands
San Pasqual
Santee EC
Serrano
Sultana
Sylmar
Villa Park
Vista (vis)

Race #95 - 5:10 PM

HS Division 2

Girls Varsity

Yellow Wristband

3.0 Miles

Apple Valley
Centennial
Citrus Valley
Eagle Rock
El Rancho
Freedom
Geffen Acad.
Kennedy (lp)
Madera
Moreno Valley
Northwood
Rancho Verde
San Marcos (sb)
Santa Ana Valley
Segerstrom
Serrano
Tesoro
Vista (vis)
Woodbridge

Race #96 - 5:26 PM

HS Division 2

Boys Varsity

Blue Wristband

3.0 Miles

Apple Valley



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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:

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- Building and bathroom locking
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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

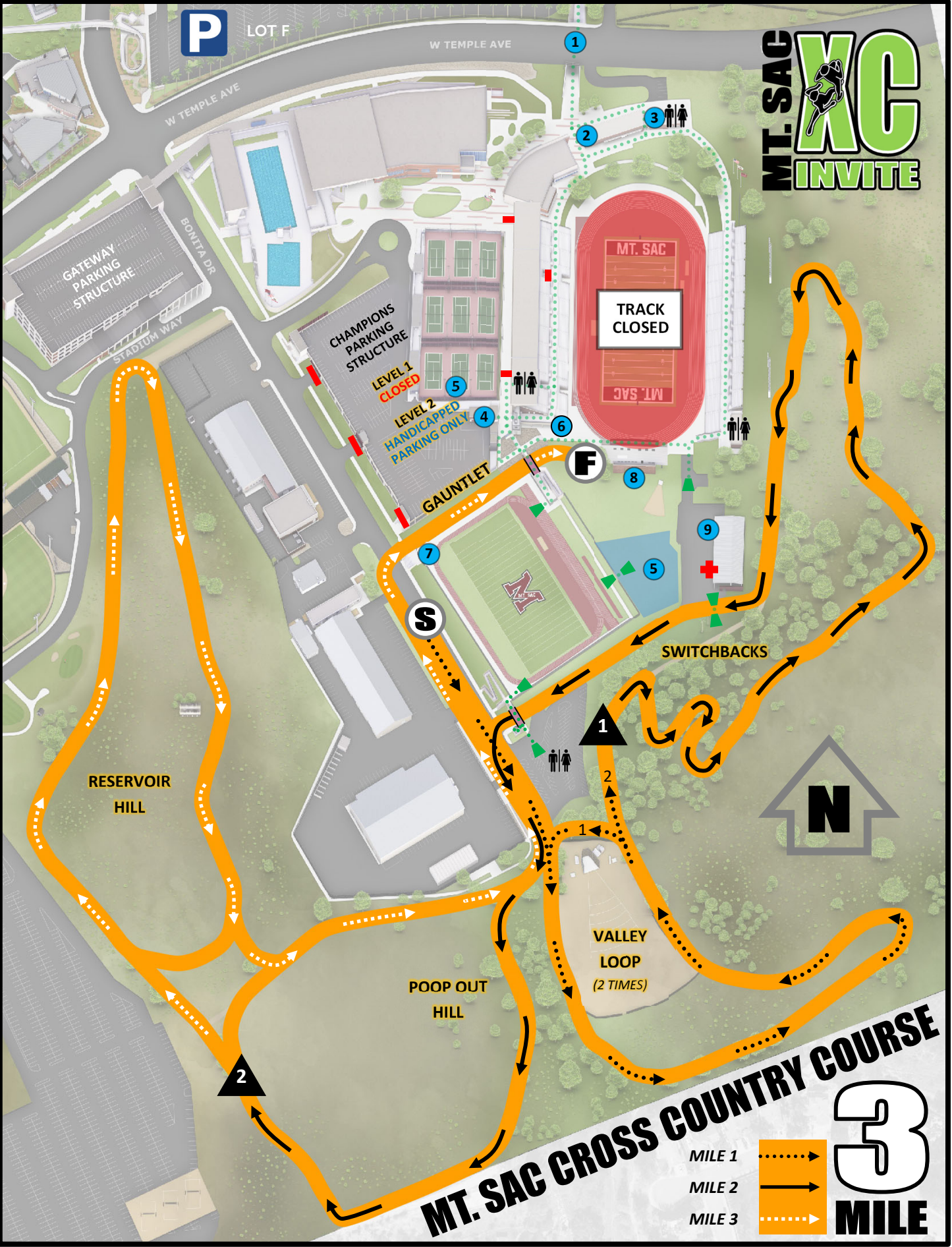
- PARKING**
All buses and vehicles must park in Lot F located on the north side of Temple Ave.
- ENTERING THE STADIUM (2)**
Use Tunnel to cross Temple Ave and enter stadium.
- TEAM PACKET PICK-UP (3)**
Distribute Bib Number to athletes for entry
- TEAM CAMP (4)**
Set up your team camp on the first floor of the Champions Parking Structure (*no need for tents!*)
- 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

MT. SAC XC
INVITE



GATEWAY PARKING STRUCTURE
BONITA DR
STADIUM WAY

CHAMPIONS PARKING STRUCTURE
LEVEL 1 CLOSED
LEVEL 2 HANDICAPPED PARKING ONLY

MT. SAC
TRACK CLOSED
MT. SAC

GAUNTLET

RESERVOIR HILL

SWITCHBACKS



POOP OUT HILL

VALLEY LOOP
(2 TIMES)

MT. SAC CROSS COUNTRY COURSE

- MILE 1
- MILE 2
- MILE 3



3
MILE

- == BUS ROUTE
- == BUS/CAR ROUTE
- == CAR ROUTE
- == PEDESTRIAN ROUTE



= HANDICAPPED PARKING



= BUS DROP ZONE



= PARKING



= NO PARKING

PARKING MAP

