

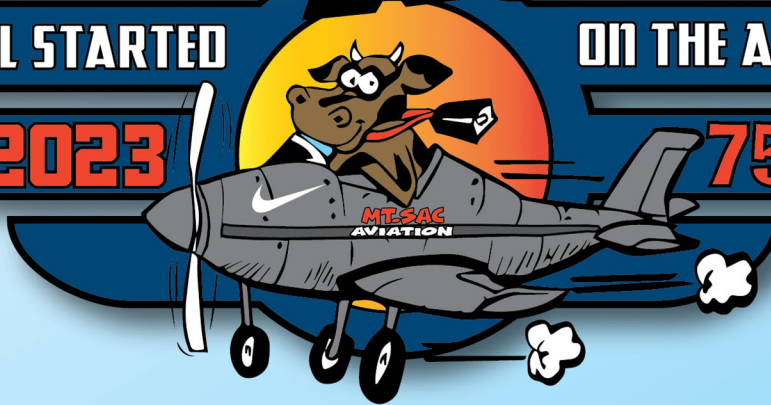
THE WORLD'S LARGEST
MT. SAC XC INVITE

IT ALL STARTED

ON THE AIRSTRIP

2023

75TH



**TEAM FINAL
INFORMATION**

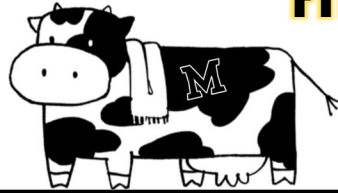


DID YOU KNOW
THE XC INVITE RUNNERS
START ON WHAT ONCE
WAS WHERE MT. SAC
PLANES LANDED?

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 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



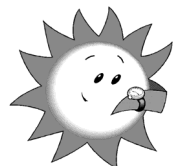
BOX/PACKET INFORMATION

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



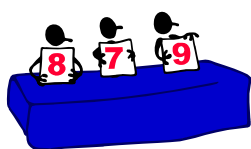
1. Please check-in at the clerk of the course (*see map*) 30 minutes prior to the actual start of the race.
2. For safety considerations, please remain off of the competitive racing course and at the following areas: Airstrip, Corridor, Gauntlet and Finish Line Area.
3. No spiked shoes (with or without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



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 East Bleachers, Field Level (SEE MAP). Please do not fill up water jugs at the WATER MONSTERS, which are for individual bottles.



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!



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