

WESTMOOR HIGH SCHOOL  
131 WESTMOOR AVE.  
DALY CITY, CALIFORNIA 94015

Dear Coach:

Westmoor High School would like to invite you and your team to participate in the 28th annual Ram Invitational to be held on **Saturday, September 26, 2009**, at Westmoor High School.

The meet will conform to all C.I.F. regulations.

The Westmoor course is a very demanding 2.4 miles. Our school is located on a hill and our course utilizes the terrain around our school.

Due to the size of most races, we will split that division into two races. On race day you will draw for your race. Your team will either run in Race #1 or Race #2. Awards will remain the same. Also again this year we will eliminate the awards ceremony at the end of the meet. Winners of each race can receive their awards thirty minutes after each race at the Awards Table. Once the race is completed and the points have been calculated, there will be a star placed next to your name or team on posted race entry sheet, which will indicate you have won an award.

SCHEDULE

7:30 AM	Walk course (maps provided)
8:30 AM	Coaches and Alumni race
9:00 AM	Boys Frosh Race #1
9:30 AM	Boys Frosh Race #2
10:00 AM	Girls Frosh/Soph Race #1
10:30 AM	Girls Frosh/Soph Race #2
11:00 AM	Boys Soph Race #1
11:30 AM	Boys Soph Race #2
12:00 PM	Girls JV Race #1
12:30 PM	Girls JV Race #2
1:00 PM	Boys JV Race #1
1:30 PM	Boys JV Race #2
2:00 PM	Girls Varsity
2:30 PM	Boys Varsity

AWARDS

Team Awards (Medals)

## BOYS

Frosh - 1st team (7) in each race  
Soph - 1st team (7), 2nd team (7) in each race  
JV - 1st team (7) in each race  
Varsity - 1st team (7), 2nd team (7)

## GIRLS

Frosh/Soph - 1st team (7), 2nd team (7) - in each race  
JV - 1st team (7) - in each race  
Varsity - 1st team (7), 2nd team (7)

Team plaques awarded to all first place teams (12).

Individual plaque to all race winners (12).

Boys Frosh - First 20 (not on winning team) - both races  
Boys Soph - First 20 (not on winning team) - both races  
Girls Frosh/Soph - First 20 (not on winning team) - both races  
Boys JV - First 20 (not on a winning team) - both races  
Girls JV - First 20 (not on a winning team) - both races  
Boys & Girls Varsity - First 25 (not on winning team)

Total: 404 medals, 12 team plaques, 12 individual race winners' plaques

This year's newly designed T-shirt will be on sale:

\$12.00 - short sleeve

\$18.00 - long sleeve

## FEES

\$ 7.00 per individual

\$ 40.00 per team

\$180.00 maximum

Please make checks payable to WESTMOOR TRACK CLUB.

## ENTRIES

Entries should be received at Westmoor High School, 131 Westmoor Ave., Daly City, California 94015, no later than Tuesday, 9/22/09. If you have a problem, please call me. Entering can be done by, (1) receipt of check, or (2) phone call to me to advise that you will be coming and bringing the check with you.

## GENERAL INFORMATION

A) It should be noted to give fast results in team scoring, we will not displace runners from incomplete teams. We will add up your first five runners and total your points and post the winners. This is purely for the convenience of my helpers.

B) Come dressed to run. No dressing room facilities will be provided.

C) Bathrooms will be open on campus.

D) You must enter a Varsity team before you enter a JV team. A school will be subject to disqualification if they have faster runners on their JV team than on their Varsity team.

E) A concession stand will be open so that runners may purchase items. Again this year we will be selling Ram Invitational T-shirts. Please tell all your runners.

F) A school official must accompany all athletes entered in the meet. Coaches should be reminded they will be expected to control all their athletes.

G) Again this year we will have an athletic trainer on site during the entire meet.

H) Please call Coach Ron DiMaggio, Westmoor High School, to enter the meet, or for information at:

Westmoor High School - (650) 550-7400 (between 9AM-2:30PM).  
You may leave a message with the Switchboard.

Home phone - (650) 573-6290 (after 7PM)

## DIRECTIONS TO WESTMOOR HIGH SCHOOL

Westmoor High School is located in Daly City, California, just south of San Francisco.

Coming from the south, take 280 headed north towards Daly City. Take the Pacifica-Mission St. turn-off, which is opposite Serramonte Shopping Center. As you come off the freeway, stay in the left hand lane going towards Pacifica. Then take Skyline Blvd. North (35). This exit is the second exit and is only about 1/4 mile from 280. Once on Skyline, take the first right at the stoplight. This will be Westmoor Ave. Westmoor High School will be straight ahead approximately four blocks. Parking lot is located in the back of the school.

Coming from the north, take 280 South towards Daly City. Take the Pacifica turn-off. Then take Skyline Blvd. North (35). This exit is the second exit and is only about 1/4 mile from 280. Once on Skyline, take the first right at the stop light. This will be Westmoor Ave. Westmoor High School will be straight ahead approximately four blocks. Parking lot is located in the back of the school.

