



South Coast Conference
Cross Country Championships
Friday, October 29th, 2021

Where: Charles H. Wilson Park 2200 Crenshaw Blvd, Torrance, CA 90501

Race Times: *Pre-race coaches meeting 8:00 am 8:30 am* – Women's 5k, 9:30 am – Men's 4-miles

Entries: Entries must be processed through directathletics.com All entries are due by Tuesday 10/26/21 at 5:00pm.

Course: The course is well marked. Course Maps will be included in the team packet and will also be available on the CCCAA Website. It is the Athletes' responsibility to know the course.

WOMEN'S 5K IS A LOOP 1A, 1B and 2A COURSE (40% PAVEMENT, 60% GRASS: Flat/ downhill slope and steady inclines)

MEN'S 4mile IS 1A, 1B, 2A and 2B LOOP COURSE (60% PAVEMENT, 40% GRASS: Flat/ downhill slope and steady inclines)

Awards: Presentation will follow Women's race. Approximately 10:30pm. Awards for the Top 14 Individuals and the Top 2 Teams.

Athletic Trainers: Will be located near finish line. Please provide your own pre-wrap/tape.

Bibs & Shoe tags: Each athlete will have a RFID Shoe tag. Please make sure that all tags are returned. You will be billed \$10 for any lost tags. Each athlete must wear his/her assigned Bib and shoe tag, as assigned on your team roster. Safety pins will be provided.

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

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

RESTROOMS: Restrooms available near start/finish between Dimond 2 & 3

DIRECTIONS TO Charles H. Wilson Park in Torrance:

2400 Jefferson St, Torrance, CA 90501

FROM 405 FREEWAY:

Exit Crenshaw Blvd and go South. Park will be on your left just past Carson St. at the corner of Jefferson St and Crenshaw Blvd. Make a left on to Jefferson St. Entrance to the park will be on your right-hand side. Park in the adjacent lot at the North West lot

FROM 110 South FREEWAY:

Exit 223rd street and go West. Just Past western the street will turn in to Plaza del Amo. Continue straight until the Arlington. At the fork in the road go straight on the left-hand Side. The Park will entrance will be straight ahead. In the lot turn right and park in the north west lot.

Should any coaching staff members or athletes show any covid-19 symptoms or test positive; please strictly adhere to all Conference and CCCAA Covid-19 protocols measures.

Questions: Coach DA 909-547-7681 Daustin@compton.edu

Conference Commissioner: RICH KOLLEN, ATHLETICS OFFICE: 562-239-2001

10/29/2021 Conference XC Petition Panel

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Roberta Camacho: rargottcamacho@compton.edu 310-900-1600 x2941

Box Assignment

Women

- 1 Chaffey
- 2 Cerritos
- 3 Compton
- 4 East LA
- 5 El Camino
- 6 LA Harbor
- 7 Mt. Sac
- 8 Long Beach City
- 9 Pasadena

Men

- 1 Chaffey
- 2 Cerritos
- 3 Compton
- 4 East LA
- 5 El Camino
- 6 LA Harbor
- 7 Mt. Sac
- 8 Long Beach City
- 9 Pasadena

