

# LMU SOUTH BAY 2023 TWILIGHT

FRIDAY SEPTEMBER 01, 2023

LOCATION

**CHARLES H. WILSON PARK**

**2200 CRENSHAW BLVD TORRANCE, CA 90501**

SCHEDULE

3:30PM GIRL'S FRESHMAN 3 MILE

4:15PM BOY'S FRESHMAN 3 MILE

5:00PM GIRL'S JV 3 MILE

5:45PM BOY'S JV 3 MILE

6:30PM CITIZEN'S 3 MILE RACE

7:15PM GIRL'S VARSITY 3 MILE

7:45PM COLLEGIATE WOMEN 6K

8:25PM BOY'S VARSITY 3 MILE

8:55PM COLLEGIATE MEN 8K

**RACE**  
UNDER THE  
LIGHTS

*Fast*  
**COURSE**  
FLAT 1600M LOOPS

## Meet Information

### Entry Procedure:

- **Men's & Women's Collegiate/Open & LMU Alumni Open Citizen's Races:** Completed online via DirectAthletics. Entries due Monday, August 28th, 2023 by 11:59pm PDT.
- **High School:** Completed online via Athletic.net. Entries due by Thursday, August 31st, 2023.

### Entry Fee:

- **Men's & Women's Collegiate/Open & LMU Alumni Open Citizen's Race:** Teams \$325per gender or \$30 per individual open entry. Payments online at DirectAthletics only.
- **High School:** Teams \$400 or \$10 per individual entry. Make checks payable to West Torrance High School Cross-Country (20401 Victor St. Torrance, CA 90503).

## Packet Pick-up:

- Team Packet Pick-up will be located near the finish line. Packets will be available at 1:00pm on race day only.

## Parking:

- Parking is located on the north side of the park at the corner of Crenshaw Blvd and Jefferson St.
- Bus drop-off/pick-up is between the batting cages and tennis courts. Buses can park east of the tennis courts.
- Team parking is north of the tennis courts.

## Team Camps:

- Team camps will be located within the confines of the course in designated areas.
- Teams may be their own team tents, but we ask that all Team Camps be set up in the assigned area.
- Restrooms will be located between the two fields, and in the Dee Hardison Sports Center.

## Sports Medicine:

- Sports Medicine will be available at 1:30pm until 10:00pm.
- Athletic Trainers will be located in tents near the finish line.
- Any additional medical questions can be directed to Jason Zarb-Cousin at 310.944.0955 or [jason.zarb-cousin@lmu.edu](mailto:jason.zarb-cousin@lmu.edu).

## Timing:

- Timing will be conducted by Finished Results.

## Course Inspection & Practice:

- Wilson Park will be available to team on Thursday and Friday to look at the course but will not be marked.
- The course will be marked and open for viewing at 1:00pm on Friday. Due to the nature of the course, it is suggested runners view the course prior to the high school races starting. No runner will be allowed on the course while races are being run.

## Course Description:

- The course consists of flat loops (an east and a west section) connected by crossing a walking path. The crossing has a slight hill up to the path on both sides. The course will consist of ~1600m loops. The 8k will be five loops, and the High School and Citizen's race 3-mile will be three loops. The 6k will consist of one ~1200m loop then three ~1600m loops.
- Spikes are recommended for competition.

## Travel:

- Flights: Wilson Park is in "downtown" Torrance which is located approximately 25 minutes from Los Angeles International Airport and the Long Beach airport. I would recommend the Long Beach airport as it is far more convenient with car rentals, etc., and is sometimes cheaper than LAX.
- Hotel: The Courtyard by Marriott Los Angeles Torrance/Palos Verdes is walking distance from the park (0.5 mile). The DoubleTree by Hilton Hotel Torrance - South Bay and Torrance Marriott Redondo Beach are approximately 2 miles away. Across from both hotels is the Del Amo Fashion Center which has a plethora of restaurants.
- Running: The beach cities (Redondo, Hermosa, and Manhattan) are 10-20 minutes from Torrance. Or if you wanted to do a long run on Saturday, Palos Verdes is 5-10 minutes away and provides over 200 miles of horse trails.



# COURSE MAP

3-MILE: 3 loops (yellow & orange arrows)

6k: 1<sup>st</sup> Lap no inner loop (no orange arrow, follow magenta arrows) then 3 full loops (yellow & orange arrows)

8k: 5 loops (yellow & orange arrows)





# FACILITY MAP

