



## South Coast Conference Cross Country Championships Friday, October 27<sup>th</sup>, 2023

**Location:** Ken Malloy Harbor Regional Park (Reggie Lake)

25820 Vermont Ave, Harbor City, CA 90710

**Race Times:** Coaches Meeting: 8:45am  
Women's 3-Mile: 9:30am  
Men's 4-mile: 10:15am

**Entries:** Entries must be processed through Directathletics.com by Tuesday 10/24/22 at 5:00pm.

**Course:** The 3 & 4 mile course is mostly flat with grass and dirt loops. Turns will be marked and we will have course monitors at intersects. The 4-mile will have 1 big loop and 1 small loop, the women's 3 mile will have 2 small loops. Coaches assistance is appreciated as well.

**Awards:** Awards to the Top 14 Individuals and the Top 2 Teams. Please have athletes gather at 11:15 for awards ceremony.

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

**Bibs & Shoe tags:**

Each athlete must have their BIB NUMBER attached to the front of their singlet as assigned on your team entries (chip is already attached to bib). 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](http://www.finishedresults.com) or "Finished Results Live" App.

**Restrooms:** Two restrooms will be available and portable restrooms will available nearby.

**Directions:** From the 110 freeway exit off PCH or Anaheim, head west to Vermont.

**Starting Box Assignments:**

- 1) Cerritos
- 2) LA Harbor
- 3) East LA
- 4) El Camino
- 5) Compton
- 6) Pasadena
- 7) Mt. SAC
- 8) Long Beach

**2.3.2 CCCAA CROSS COUNTRY REGIONAL QUALIFYING:**

**SOUTH 2.3.2.1 TEAMS:** *Each conference will be allowed one-half plus one, the number of teams in their conference to advance to the Southern California Regional. There will be a maximum of 28 teams running in the regional. At-large teams will be selected by a committee consisting of the Southern California Rules Committee chair and one representative from each of the conferences.*

**2.3.2.2 INDIVIDUALS** *There will be the same number of individuals qualifying to the Southern California Regional from each conference as there are teams that qualify from their conference, as long as those individuals finish in the top 50 percent of the field. No school can have more than four (4) individuals qualify. Each conference may send individuals not on a qualifying team to the CCCAA Cross Country Southern California Regional providing each finishes in the top 50 percent of all runners completing the conference championship race.*

**2.3.2.3 ENTRIES:** *Entries to the CCCAA Cross Country Southern California Regional are the responsibility of each coach. Entries are to be submitted to Direct Athletics by noon, Tuesday, prior to the CCCAA Cross Country Southern California Regional. No team shall have more than ten (10) entries, and no team will be allowed to compete with more than seven (7).*

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