



South Coast Conference Cross Country Championship

Host: East Los Angeles College

Date: November 1 2019

Time: 12:00pm Women 5k 1:00pm Men 4 miles

Location: Irvine Regional Park

1 Irvine Park Road, Orange Ca, 92862

Course: Course Map will be attached and will be provided in team Packet.

Trainer: The trainer will be station near the finished line

Entries: Entries must be done through Direcathletics.com due by Tuesday 10/29/19

Meeting: Coaches meeting 10:45am at the finish line

Awards: Presentation will start at 1:45pm Top 14 individual and top 2 teams

Result: All individual results and team scores Will be done by Finishedresults.com

Contact: Milton Browne (909-910-8742)



Box Assignment

Women

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

Men

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

