

SOUTH BAY TWILIGHT

Friday, September 9, 2022

Wilson Park (2400 Jefferson St, Torrance, CA 90501)



HS Girl's Freshman 3mi - 3:00pm
HS Boy's Freshman 3mi - 3:45pm
HS Girl's Junior Varsity 3mi - 4:30pm
HS Boy's Junior Varsity 3mi - 5:15pm
"LMU Alumni" Open Citizen's Race 3mi - 6:00pm
Firefly™ Collegiate/Open Men's 8k - 6:45pm
HS Girl's Varsity 3mi - 7:30pm
Evolution Physical Therapy Collegiate/Open Women's 6k - 8:15pm
HS Boy's Varsity 3mi - 9:00pm



Meet Information

When: Friday, September 9, 2022

Where: Wilson Park (2400 Jefferson Street, Torrance, CA 90501)

Time Schedule:

3:00pm	High School Girl's Freshman 3mi
3:45pm	High School Boy's Freshman 3mi
4:30pm	High School Girl's Junior Varsity 3mi
5:15pm	High School Boy's Junior Varsity 3mi
6:00pm	"LMU Alumni" Open Citizen's Race 3mi
6:45pm	Firefly™ Collegiate/Open Men's 8k
7:30pm	High School Girls' Varsity 3mi
8:15pm	Evolution Physical Therapy Collegiate/Open Women's 6k
9:00pm	High School Boys' Varsity 3mi

evolution
PHYSICAL THERAPY & FITNESS



Entry Procedure:

- **Men's & Women's Collegiate/Open & LMU Alumni Open Citizen's Races:** Completed online via DirectAthletics (https://bit.ly/22_LMU_South_Bay_Twilight). Entries due Monday, September 5th, 2022 by 11:59pm PDT.
- **High School:** Completed online via MileSplit (<https://finishedresults.com/meets/3974>). Entries due by September 8th, 2022.

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 across from the hockey rink/batting cages & northeast of the Field 4 stands.
- Team Packets will be available at 1:30pm 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:

- Athletic Trainers 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.

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 1:30pm 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:

- Athletes will race on grass and dirt with two small sections crossing a cement path.
- The course consists of flat loops—an east and a west loop connected by walking paths. The first west loop from the start is approximately 600 meters in length of grass and dirt. The second and third loops proceed around the outer boundary of the course to include transitions from the west and east sides (small section of concrete) and are approximately 800m in length across mostly grass and dirt. The fourth loop for the men and women (and fifth loop for the men) include the inner portions of the east and west loops across are mostly grass and dirt, and is approximately 2k in length. The finishing loop is identical to the 2k loop except runners will veer to the finish instead of completing the 2k loop and is approximately 1800 meters in length.
- Spikes are recommended for competition.

Course Map: <https://bit.ly/LMUSouthBayTwilightCourseMaps>

Sponsor Booths and Concessions:

- Evolution Physical Therapy and Fitness will provide a Runner's Recovery Zone, including access to our Physical Therapists for injury screens, the ability to use compression recovery boots, Theraguns, and access to other recovery tools for the runners pre-/post-race.
- Firefly® is a revolutionary recovery device used by professional athletes, Olympians, and weekend warriors to recover 3X faster. <https://recoveryfirefly.com/>
- A concessions stand will be available with snacks, fruit, bars, and beverages.

Travel:

- Flights: Wilson Park is in “downtown” Torrance which is located approximately 20 minutes from Los Angeles International Airport - LAX (11 miles) and 15 miles from 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.



PARKING, TEAM DROP-OFF/PICK-UP, PACKET PICK-UP, RESTROOMS & TEAM CAMPS



Updated: 8/19/2022



FIELD OF PLAY, MEDICAL TENT & SPONSORS

