



## 38th Annual Rosemead Cross Country Invitational 2023

### Official Sponsor: Run With Us

Dear Cross-Country Coach,

Rosemead High School Cross-Country team is thrilled to announce its 38th Annual Rosemead Cross Country Invitational at Rosemead High School on **SEPTEMBER 9th, 2023** after its continued success in previous years. Our vision for this meet is to provide your athletes with a fantastic start to the season on a course that can provide a great experience for the less experienced and experienced. The course runs along the beautiful Rosemead High School campus and City of Rosemead Park, which provides a spectator-friendly course.

The meet will also allow your teams to run as Senior, Junior, Sophomore, Freshman, in order to keep the less experienced and experienced in their own race to provide a great environment for competition. We will once again be using Finished Results to coordinate our timing as they allowed us to handle the large fields of athletes with quick and accurate results.

Our main goal is to produce a meet that is well run, organized and hospitable all at the same time. We hope that we can serve and help give you this experience during the beginning of the season this year, as we welcome everyone from beginner to elite to join us at this amazing event!

#### Rosemead Invitational Schedule Saturday, September 9th, 2023

##### Later Start Times This Year

- 5:30 Elizabeth Lyons Open Race  
(18yrs or older, No High School XC Athletes)
- 6:00 Freshmen Girls (9th Only)
- 6:30 Freshmen Boys (9th Only)
- 7:00 Sophomore Girls (10th Only)
- 7:30 Sophomore Boys (10th Only)
- 8:00 Junior Girls (11th Only)
- 8:30 Junior Boys (11th Only)
- 9:00 Senior Girls (12th Only)
- 9:30 Senior Boys (12th Only)

#### Rosemead Invitational Fees

\$20 Per Individual

\$225 Max Per Gender

\$375 Max Per School

[Checks payable to Rosemead Cross Country]

##### Open Race \$20 Fee Paid on Race Day

(1) Free Coach Entry Per School

\*No show teams or no show entries are still responsible for their full payment.

**Checks should be mailed no later than August 25, 2023  
(Make checks payable to Rosemead Cross Country)**

Attention: Robert Hernandez, Boys Athletics Dept.,  
Rosemead High School, 9063 E. Mission Dr. Rosemead,  
California 91770



**COURSE** The course will run through Rosemead High School Campus and Rosemead City Park.

**INDIVIDUAL AWARDS** The top seventy-five (75) finishers in each race are guaranteed to receive a custom medal by Maxwell Medals & Awards. Open race top twenty (20) will receive a medal, men (10) and women (10). We will increase medals based on the number of athletes in each race and availability. The winner of each race will receive a plaque award.

**TEAM AWARDS** Team plaque awards will be given to the top three in each race.

**ENTRY** Teams are required to request and submit a CIF Southern Section contract for athletic contest to the meet manager: [robertk.hernandez@emuhsd.org](mailto:robertk.hernandez@emuhsd.org) / Cell Phone (323) 365-8897 to assure entry into the Rosemead XC Invitational prior to team registration. Teams will also be required to submit their entries online at MileSplit.com by September 4th, 2023 at 11:59 p.m. It is vital to the success of the meet that all teams submit as accurate of an entry list as possible.

**TEAM CHECK-IN** Coaches can check-in their teams at the check-in area located at the track field house on the south end area of the stadium. There will be several lines this year to expedite team packets to coaches with very little wait time.

**OPEN RACE CHECK-IN** Open Race check-in area will be located at the track field house on the south end area of the stadium starting at 2 p.m.

**RESULTS** Chip timing will be coordinated by Finished Results, results should be available 15 minutes after the completion of each race. While we do our best to get times of all athletes, in some cases, it would be wise to have someone from your team near the finish line for any athlete that may finish after the start of the next race.



# LARGE SELECTION OF PRODUCTS



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All spikes, shoes, and apparel

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### TEAM UNIFORMS

Team discounts available

### STORE HOURS

Mon - Sat: 10am - 7pm  
Sunday: 11am - 6pm