



South Coast Conference Cross Country Championships Friday, October 25th, 2024

- Location:** Heartwell Park, 5801 Parkcrest Street, Long Beach, CA 90808
- Race Times:** Coaches Meeting: 9:15am
Women's 5k: 10:00am
Men's 4-mile: 10:45am
- Entries:** Entries processed through directathletics.com.
Entry deadline is Tuesday 10/22/24 at 11:59pm.
- Timing:** **Finished Results Professional Timing** - *FinishLynx* photo finish camera and *IdentiLynx* full frame video system used for front and side image displays of all competitors crossing the finish line.
- Live Results:** Finished Results Live App includes place, name and time shown for top athletes in each race. Dynamic Team Scores shown.
- Bibs & Shoe Tags:** Team Packets will contain team/athlete rosters, UHF bib tags, along with Bib/chip instructions provided at check-in.
- Course:** The Women's 5k and Men's 4-mile course is mostly flat with grass and pavement. The course will be well marked with mile display marks throughout the race.
- Finish Line:** Please make sure your athletes are aware that they must move through the finish. We want to clear the area as runners are crossing the finish line.
- Jury of Appeals:** Faith Hagan (USATF Starter/Official Coordinator)
Kal Stewart (Long Beach City College Athletic Director)
Leslie Trujillo (LA Harbor Athletic Director/SCC Cross Country Rep)
- Awards:** Top 14 individuals and the Top 2 teams receive awards. The awards ceremony will follow the men's race, approximately at 11:30am.

Athletic Trainers: Located near the finish line. Teams/athletes need to provide their own medical supplies, pre-wrap/tape.

Restrooms: Restrooms will be available near the intersection of Clark and Carson Street.

Questions: Contact: Marcus Carroll, Director of Cross Country/Track & Field
email: mcarroll@lbcc.edu, office: 562.938.4741, cell: 619.309.8094

Box Assignments:

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

2.3.2 3C2A 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 3C2A 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 3C2A 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 3C2A 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).

Course Maps:

LBCCXC Women's Course 3.1 miles

<https://www.strava.com/routes/3242176972088024020>

Mile 1 → Mile 2 → Mile 3 →



LBCCXC Men's Course 4.0 miles

<https://www.strava.com/routes/3242182649966940116>

Mile 1 → Mile 2 → Mile 3 → Mile 4 →

