Shadow Cliffs and Joaquin Miller Parks each hosted last week’s two exciting meets, with great weather and over 500 runners. A very nice way to end our preliminary meet season!

The Shadow Cliffs Crew, led by Mark, Tim and Tracy made that unique venue a site for a well-organized and fast meet. It’s a nice tradition to run that course, shepherded each year by Mark.

JMP is a beloved park and legendary among runners, young and old. Thanks again to all who helped set-up and cleanup the course. Thanks to Dave Kabana as meet director, volunteers from Corpus Christi and St. Theresa for set up. Assumption, St. Leander and All Saints pitched in for a quick teardown and many dedicated volunteers who helped with the meet.

Thanks to all who volunteered at these meets to provide another week of excitement in “storied” venues!
And now, on to the grand finale...

**THIS WEEK - "THE DIOCESAN MEET"**
**FRIDAY, OCTOBER 15**
**CROWN BEACH, ALAMEDA**

**COACHES MEETING – 4:30 p.m. / First Race 5:00 p.m.**

Meet Directors – Tim Chavez, Bret Jensen, St. Philip Neri
Host Parishes / Set Up – St. Joseph, Alameda, St. Philip Neri, Holy Rosary
Head Marshals – Eric Hernandez, George Francis
First Aid – St. John (SLz), St. Theresa, Madeleine
Starter – Ed Olkowski
Timer – Chip Timing by Ken Grace
Finish Line Awards – Sue Mart, St. Michael, Madeleine
Results – Corpus Christi, Piedmont
Clean Up Crew – All Saints, St. Theresa

**EARLY START!!** The Coaches’ Meeting will be at **4:30 p.m. sharp.** The first race, K-2 Girls followed by K-2 Boys, will start at **5:00 p.m. sharp!!**

**CHIP TIMING AND BIBS** - We will again use “Chip” Timing with NEW bibs issued. Do not have your runners wear their old bibs. You may pick up a packet with your bibs prior to the coaches meeting. XC Coordinators should have already reviewed the final list of entrants and reported changes and additions to Ken Grace.

**PARKING / PARKING / PARKING** – Once again, the park staff is “outraged” at cars parked off the lots or in unmarked spaces. especially in the turf areas. We will have security. Cars parked illegally will be ticketed or towed. Please warn your parents!
There is parking at the park close to our venue and also at a small lot at Washington Park (on 8th Street), but lots can fill up quickly. Be respectful of the neighbors when parking in a residential area – DO NOT BLOCK Driveways.
Carpooling is encouraged!
AWARD PRESENTATION – Runners will be presented their individual awards, 1st. through 30th place medals followed by participation ribbons as they finish. To finalize and confirm the team results, we will NOT present the team awards at the meet (and it gets cold and windy as the sun sets!).

COURSE SET UP / VOLUNTEERS – Host parishes should have volunteers at the park early to help with course set up (about 3:00 p.m.) We welcome help from anyone who can get there early. While the host parishes setup, and there are parishes assigned for cleanup, we ask that all who can come early or stay late and help! We are going to need LOTS OF VOLUNTEERS to host this meet. Remember that each parish should provide at least three persons to work the finish line, work as course marshals, and other tasks as needed. Arrange ahead of time!

QUALIFICATION – As per Diocesan rules, a runner must have competed in a preliminary meet prior to the Diocesan Meet to qualify to participate in the Diocesan meet. Participation in the Relay Meet WILL NOT COUNT as one of the meets to qualify.

SOME IMPORTANT NOTES FOR THIS MEET!

CROWD CONTROL – For the safety of runners, spectators and runners not in competition must be in the spectator areas ONLY! Also, coaches and parents, please stay away from the finish line and the timer!

STARTING LINES – Based on the first meet at Crown Beach, our starter has suggested that we have at least 10 starting lines. Plan for only ONE runner per school/parish allowed on the first SIX OR MORE starting lines, and then limited runners on the following lines. The starter can change the number of runners, depending on room. Please have your top runners “numbered” to avoid extra sorting time and hurt feelings! Kinder runners must be on the back lines.

K – 2 RACE – We plan to run the girl’s race, then the boy’s race. To be successful, you should be ready to have your K-2 boys ready for the starting line as soon as they are called after the girls’ start. There will be no team awards for this age group. TK runners and younger may run in the Fun Run only.

SPORTSMANSHIP – Runners must avoid interfering with other runners or obstructing them. Penalties include switching places or, if flagrant, disqualification by the Meet Director. Remind your runners of this rule and that CYO has high standards of sportsmanship!
RESTROOMS – There will be a few restrooms available, but limited due to planned construction. There may be waits ... think about “going” before you arrive at the park.

SOME FINAL REMINDERS – Remind your runners to be fully hydrated for the meet, including drinking plenty of fluids in the days prior to the meet. Bring warm clothing as it can be windy or chilly when the sun starts to set. Masks are REQUIRED when not running. Remember that different weather, like different courses, is part of the fun and challenge of Cross Country!

Again, remind your parents to park only in designated parking spaces only!

We look forward to a fun conclusion to our season!

Parking Lot Map Below ...