

General Course Monitor Notes:

- Wear something with Lowell on it, preferably Lowell cross country > Lowell track

- Grass will be wet, you may want a change of socks.

- Clearly hr the course when runners are approaching, be assertive.

- Direct runners to stay on the course and where to go

- Call Mr. Chan (415) 373 - 8823 if someone is hurt or is in need of major attention

- Answer spectator questions (where the start/finish lines are, bathrooms etc)

- Keep track of the last person in each race, announce if you have a walkie talkie

- Bring study materials and a lunch, some snacks will be provided

| **Station # (pics linked)** | **Morning** | **Afternoon** | **Notes** |
| --- | --- | --- | --- |
| 0  (labeled with black 5 in a circle - race sequence) | **Blake Wong**  **Chiara Andrichak** | **Blake Wong**  **Chiara Andrichak** | Walkie Talkie. Stop sign needed. Prevent oncoming traffic from entering parking stop |
| [1](https://photos.app.goo.gl/kUeqFDkkj8ADzJm26)  [JFK Buffalos](https://photos.app.goo.gl/kUeqFDkkj8ADzJm26) | **Latonya Muir**  Anamaria Tapus | **Helen Duan\***  **Yarrow Cabreros^**  **Latonya Muir**  Anamaria Tapus | Car path to casting pools should be closed, but if it isn’t prevent cars from interfering. |
| 2 | ?? | ?? | Irrelevant |
| [3](https://photos.app.goo.gl/3bHv8ujM97EcdCeL9)  [Chain of Lakes](https://photos.app.goo.gl/3bHv8ujM97EcdCeL9)  [CoL Cone Arrangement 1](https://photos.app.goo.gl/RNPW5bDm9DCrbqmq5)  [CoL Cone Arrangement 2](https://photos.app.goo.gl/t94V81jiB7rzQURq9)  [CoL Pothole Cone](https://photos.app.goo.gl/meBYXz3dv67BqJUR8) | **William Chung**  **Natalie Ng^**  **Anita Luo^**  Tiffany Wang  Truman Tran  Jason Dubriwny  Lennier Mulder | **William Chung**  **Ayden Dijkgraaf**  **Iris Liang^**  **Mia Vallejo^**  **Constance Zhu^**  Tiffany Wang  Truman Tran  Jason Dubriwny | Walkie Talkie. Runners do not cross the street. Instruct runners to talk turn to their left onto the grass to run along with path near the lake.  Place disc cones to line the path for the runners.  Stagger the human volunteers appropriately.  Loudly announce to warn the public that runners are approaching.  Collect cones after the race is over. |
| 4  [More Chain of Lakes Waterfall Bridge](https://photos.app.goo.gl/JmqZ2HGSYH8agieD7)  [More CoL Fork](https://photos.app.goo.gl/JmqZ2HGSYH8agieD7) | David Cheung  Ethan Qiu  **Alice Hoffman**  Erika Young | David Cheung  Ethan Qiu  **Alice Hoffman**  Erika Young  Natalie Ng  Anita Luo | See picture for cone placement.  Runners are to hug the perimeter of the lake.  Loudly announce to warn the public that runners are approaching.  Enjoy the view.  Point in direction runners should be going, be the human traffic cone.  Collect cones after the race is over. |
| 5 South Lake Parking Lot | None | None. | Fall 2024, no longer needed since renovations on Chain of Lakes are completed. |
| [6](https://photos.app.goo.gl/Hr45SEYX2mEbzzWW7)  [Onto the Grass](https://photos.app.goo.gl/syScCHAhFDrp8ufk7)  [Onto the Grass 2](https://photos.app.goo.gl/syScCHAhFDrp8ufk7) | Gabriel Low  Jacky Law  **Malcolm Barry-Kao^**  **Jason Yu^** | Gabriel Low  Jacky Law  **Emerson Chih-Wang^**  **Kenneth Cheung^**  **Born Xie** | Direct runners to run onto the grass upwards.  You should be given some cones to help guide the runners. Collect and return cones after the last race. |
| [7](https://photos.app.goo.gl/pBaLcEAsKT8Rjitv6)  [Stay on sand/grass](https://photos.app.goo.gl/pBaLcEAsKT8Rjitv6) | **Aidan Liang**  **Sam M.** | **Luca Tom^**  **Nolan Burkhardt^** | Stay on the grass near the horse corral. Path is narrow and sandy |
| [8](https://photos.app.goo.gl/QwVpz339LTaCcKAC6)  [Exiting](https://photos.app.goo.gl/QwVpz339LTaCcKAC6)  [Bike Path](https://photos.app.goo.gl/KnxBuQMFmNXbrpBq6) | Preston Wong  Logan Jackson | **Adria Lee^**  **Arianna Koo^** | Direct runners up the hill. Prevent bikers from interfering with race. Cars are not to park too inwards near the course. Be assertive! |
| [9](https://photos.app.goo.gl/9rai7fZNkf5yuBpx6)  [Top of the Hill](https://photos.app.goo.gl/9rai7fZNkf5yuBpx6) | **Daniil Valiullin**  **Jones Becker**  **Issac Lin** | **Daniil Valiullin**  **Truman Tran^** | Prevent bikers from interfering with the race. Tell cars to yield and park further from the race course. Be assertive! |
| **Station # (pics linked)** | **Morning** | **Afternoon** | **Notes** |
| [10 Entering Polo Fields](https://photos.app.goo.gl/QTSavy37b8WKK1f86) | **Kyra Liu**  **Ada Jacobson^**  **Jonas Oh**  +1 more (Ava?) | **Kyra Liu**  **Ethan Louie^**  **Woody Szydlik^** | (Walkie Talkie). Use the available traffic cones to direct runners onto the polo fields. Return when all races are over. |
| [11](https://photos.app.goo.gl/wabJUi6DrvTjNhy96)  [Middle of Polo Fields](https://photos.app.goo.gl/wabJUi6DrvTjNhy96) | 2 ppl  **Winnie Li^**  **Lastivia Muir^** | 2 ppl  **Ian Tingley^**  **Jamie Wu^** | Prevent people (soccer players & family) from crossing when runners are approaching. |
| [12](https://photos.app.goo.gl/PVyy7MLGrrkpBJcRA)  [Exiting Polo Fields](https://photos.app.goo.gl/PVyy7MLGrrkpBJcRA) | 3 ppl  **Gavin Lin**  **Roberto Castanon**  **Andrew McCabe**  **Ruslan Zabelin** | 3 ppl  **Gavin Lin**  **Kaliopi Terplan^**  **(Isabella Wu^)** | Direct runners to exit Polo Fields and onto the dirt/gravel. Tell spectators and other foot traffic to stay off the course. |
| [13](https://photos.app.goo.gl/DdTkQwtfVqjS5Kbs5)  [Entering Rolling Hills](https://photos.app.goo.gl/DdTkQwtfVqjS5Kbs5) | 3 students  **Freeman Louie**  **Aden Chui**  **Terrance Hoang^**  **Dexter Tu^** | 3 students  **Freeman Louie**  **Aden Chiu**  **Wyatt Chen-Harding^**  **Lennier Mulder^** | Walkie Talkie. Important station! Direct runners to take the left path going into the Rolling Hills. Prevent runners from racing onto the right path which is a flater gravel road (which Andy calls the emergency lane). Spectators can be directed to form a human barrier to assist you. Be assertive! Be especially alert during the morning races. Once people learn the course, this job gets easier as the day progresses. |
| [14](https://photos.app.goo.gl/LEwLbJRdBncfnWDo8)  [Rolling Hills Fork](https://photos.app.goo.gl/LEwLbJRdBncfnWDo8) | **Herschel Diamond**  **Alex V.** | **Findon Campbell^**  **Phoebe Crable** | Direct runners to take the right path which has a small hill. Physically block the left path so its not an option. Help Station 15 if one person is enough. |
| [15](https://photos.app.goo.gl/UpdNWpEzXYangdzK8)  [Exiting Rolling Hills](https://photos.app.goo.gl/UpdNWpEzXYangdzK8) | 1 person  **Ailia Wu**  **Ayana Tomida** | 1 person  **Ailia Wu**  **Ayana Tomida** | Keep spectators from coming too close. Announce to spectators that runners are approaching when they are running down the hill, so they get out of the way. |
| 16  The Messy Intersection  [1st person](https://photos.app.goo.gl/MZUSv1VzRtz93CKBA)  [2nd person](https://photos.app.goo.gl/ZUP5hVHNHpALkLeR7)  [3rd person](https://photos.app.goo.gl/cwCce13LMRMid1Ag9) | Alumni + 4 or more  Frank  **Glyza Tolentino**  **Christina Fong**  **Ami Kim** | Alumni + 4 or more  **Frank**  **Tolentino**  **Viviana Lozano**  **Audriana Lozano**  **Lucia Catterall^**  **Ayumi Stohr^** | Be assertive! Lots of foot traffic here. Clear the intersection as runners approach, this happens twice for the varsity races. Teams may be dropped off or entering their bus in this area. |
| 17  (see images above) |  |  | See notes for Station 16. |
| **Station # (pics linked)** | **Morning** | **Afternoon** | **Notes** |
| [18](https://photos.app.goo.gl/drcS814Xcwp3LjTX7)  [JFK Hill](https://photos.app.goo.gl/drcS814Xcwp3LjTX7) | **Alexa Bernard**  **Henry Witt^**  **Violette Walenne** | **Alexa Bernard**  **Levi Myers^** | Direct runners down/up the small grass hill. This area should be marked with cones. There are two service grates to indicate where runners begin going down the hill. Retrieve cones after the final race. |
| 19  Big Tree | Layla Lin  **Zi Chen Mei**  **Bethany Wu**  **Bella Vasquez** | **Lauren Rehling^**  **Sofia Carvajal^**  **Bella Vasquez**  **Aneesah Ahmad**  **Emma Chan** | Direct runners in front of the big tree. This area should be coned off. Retrieve cones after final race. |
| 20  Finishing Chute | *Kieran Stanko*  *Graham Witt*  *Faaris Mirza*  <10 football players >  Cole Bryant  Kai Iwata  Elmer Baca  Cesar Moncada  Seamus Breslin  Will Gwinn  Ryan Garcia  Bassam Ly  Owen Leblo  Nate Olsen  Kaiyim Gluck  James Naah  Wasseem Ferhi | <10 football players >  Cole Bryant  Kai Iwata  Elmer Baca  Cesar Moncada  Seamus Breslin  Will Gwinn  Ryan Garcia  Bassam Ly  Owen Leblo  Nate Olsen  Kaiyim Gluck  James Naah  Wasseem Ferhi | People should only cross when there are no runners approaching the finish. You have permission to rip any violators a new one. Express all your rage on behalf of the athletes competing. |

[Link to Visual Aids for Course Monitors Album: https://photos.app.goo.gl/GSVTvrJVeNWqhEz56](https://photos.app.goo.gl/GSVTvrJVeNWqhEz56)

Walkie Talkie Distribution (10 in total)

Andy, Eddy, Mr. Chan Chain of Lakes, Lower Speedway/Polo Fields, Entering Rolling Hills, Registration, Finish Line,

Other Jobs

Lining the course with flour - alumni, Graham, Griffin, Kieran, Bruno

Post Meet Cleanup - Everyone

Biker Tailing Last Runner - 3-4 bikers ideal - Alexis, Levi, +1 more alum

Volunteer’s Food Prep - 2 ppl

Timing - Managers, Isabella Chan + Linda Nguyen, Mila Schuldt

Finish Line & Varsity Start - Whoever is available

Finish Chute - Football Team - get runners out of the chute

Registration/Awards - Jenny Huynh, Hans +1 more alum

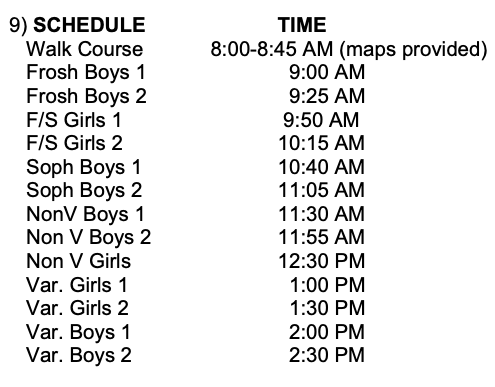
T-shirts - Mackenzie and Alum

Bus Greeters - Mark Budak, Michelle Parker, Jeannie Kim, +1 more adult [need to confirm]

Ocean Beach Parking Lot - Lucas Ng, Roy A.

Medal Delivery - XC Freshmen

Portable Potty - Toilet Paper Check - unfortunate freshmen



Shift Organizing Notes, don’t print (updated for 2024 as of 9/3/24)

Cross Country Runner Helping Before/After Their Race

| Loading Truck | Morning 7 - 12 | Both 7 - 4 | Afternoon 10-4 | Unloading Truck |
| --- | --- | --- | --- | --- |
| Malcolm Barry-Kao  Neala Moriis  Isabella Wu  Henry Witt  Lennier Mulder  Ian Tingley  Ada Jacobson  Freeman Louie  Jones Becker  Jamie Wu  Nolen Burkhardt  Tiffany Wang  Kenneth Cheung  Yarrow Cabreros  Phoebe Crable  Anamaria Tapus  Erika Young  Gavin Lin | **Manager**  ~~Zi Chen Mei~~  ~~Bethany Wu~~  **Track Athletes**  ~~Christina Fong~~  ~~Ami Kim~~  **XC Athletes**  Isabella Wu  Lennier Mulder  Evelina Rahmani\*  ~~Jonas Oh~~  ~~Herschel Diamond~~  Findon Campbell  ~~Natalie Ng^~~  ~~Terrance Hoang^~~  ~~Winnie Li^~~  ~~Lastivia Muir^~~  ~~Malcolm Barry-Kao^~~  ~~Jason Yu^~~  ~~Anita Luo^~~  ~~Henry Witt^~~  Jake Saje^  ~~Ada Jacobson^~~  Mirabel Adams^  ~~Dexter Tu^~~ | **Manager/Alum**  ~~Blake Wong~~  ~~Ailia Wu~~  ~~Ayana Tomida~~  Bella Chan  Linda Nguyen  ~~Gavin Lin(Volunteer)~~  **Track Athletes**  ~~Alexa Bernard~~  ~~Daniil Valiullin~~  ~~William Chung~~  ~~Alice Hoffman~~  ~~Katelyn Sen~~  ~~Glyza Tolentino~~  ~~Chiara Andrichak~~  **XC Athletes**  ~~Freeman Louie~~  ~~Latonya Muir~~  ~~Aden Chiu~~  Anamaria Tapus  Erika Young  Tiffany Wang  Truman Tran  Jason Dubriwny | **Manager/Other**  Samantha Louie  Ada Woo  ~~Helen Duan~~  **Track Athletes**  ~~Ayden Dijkgraaf~~  ~~Viviana Lozano~~  ~~Audriana Lozano~~  **XC Athletes**  \*\*see XC athletes that are available for both shifts  ~~Sofia Carvajal^~~  ~~Emerson Chih-Wang^~~  ~~Ian Tingley^~~  ~~Luca Tom^~~  ~~Nolan Burkhardt^~~  ~~Kenneth Cheung^~~  ~~Yarrow Cabreros^~~  ~~Kaliopi Terplan^~~  ~~Woody Szydlik^~~  ~~Isabella Wu^~~  ~~Wyatt Chen-Harding^~~  ~~Lennier Mulder^~~  ~~Levi Myers^~~  ~~Arianna Koo^~~  ~~Jamie Wu^~~  ~~Adria Lee^~~  ~~Iris Liang^~~  ~~Lauren Rehling^~~  ~~Mia Vallejo^~~  ~~Lucia Catterall^~~  ~~Findon Campbell^~~  ~~Ayumi Stohr^~~  ~~Constance Zhu^~~  ~~Ethan Louie^~~ | Henry Witt  Phoebe Crable  Woody Szydlik  Anamaria Tapus  Erika Young  Gavin Lin  Bella Chan  Ada Woo  Rishi Bhat  Alice Hoffman  Coco Lin  Candice Wei  Sofia Carvajal |