



LAGOON VALLEY CLASSIC INVITATIONAL SATURDAY, September 5th, 2026

Dear Coaches,

UPDATED TIME SCHEDULE BELOW - Varsity Girls Large & Small Schools Combined

Thank you for choosing to participate in the 2026 Lagoon Valley Classic Invitational! We are less than a week from the event, and I would like to take the time to point out a few important items before the 5th::

TIMING	We will be featuring disposable chip timing by Red Cap Timing again this year. Chips are embedded in the bibs which means that runners are able to finish and walk away (without having to stop and take chips off their shoes). Also, unused bibs do not have to be returned to meet management.
ENTRY FEES	Please note that your entry fee is determined by the number of entries you submitted at the entry deadline of Monday, August 31st at 11:59pm PST . Refunds will not be given for individual athletes who do not race. Payment must be made at the Registration table near the starting line in order to collect team packets. Checks can be made out to Vacaville High School .
RESULTS	All results will be available at www.redcaptiming.com , and posted on site near the T-Shirt sales. Be mindful that due to our condensed schedule, results will be reviewed and marked official within 24 hours of the conclusion of the meet. Feel free to respectfully communicate any concerns with results to me directly and it will be addressed immediately.
STARTING LINE	Due to the size of the fields, we may be implementing the multi-tier starting line again this year. Please use your discretion in moving your top runners to the front line, your mid range runners on the second line, and your lower end runners on the third line. All three lines will start at the same time; please help your runners determine the most appropriate starting line to ensure their safety.
ATHLETE CHANGES	Please note that athletes must run in the races that they were entered in. If you would like to move an athlete to a different race division, you need to contact redcaptiming.com no later than Friday. We will not make race day changes or additions.
VARSITY RACES	NOTE: WE WILL COMBINE LARGE SCHOOL & SMALL SCHOOL VARSITY GIRLS RACES IN 2026!!!! They will be scored separately and awards will be given based on separate Divisions. Please consider NOVICE level runners being placed in JV Divisions. Novice - Boy = 25min.+ for 3 Miles, Girl = 29min. + for 3 Miles In order to keep the integrity of ALL race divisions, <u>please make every effort to race a full team of at least 5 runners in the Varsity Divisions.</u> We understand that many of you may be running freshman and sophomore varsity-level athletes in the lower division races, but we request that you adhere to the rule of thumb that five or more runners should race in the varsity girls and boys races when possible . However, please make sure that all athletes racing in the varsity races are varsity ready. If you have added athletes who are not varsity caliber runners to the varsity races (to ensure you have 5 runners in the varsity division), but feel this is not in the athlete's best interest, please contact meet management to discuss the possibility of running less than 5 in the varsity division.
TIME SCHEDULE	UPDATED TIME SCHEDULE BELOW <u>We would like to run the races on time.</u> Please make sure your athletes are at the starting line 10 minutes prior to their scheduled race time so we can get an accurate count of how many athletes are racing. Please also make sure that runners are in appropriate races. The UPDATED Time schedule is posted BELOW, and will be in team packets. Athletes will enter the starting line area via the gate behind the finish line once the preceding race has cleared the area...! Coach and RACING athletes only! We will escort Boys & Girls to the line when the schedule calls for 2min. staggers.
T-SHIRTS	This year's Lagoon Valley T-shirt will be tech tees and sold for \$30. Cash or card accepted
AWARDS	In the varsity races, team medals will be awarded to the first three teams in each division (first three small school teams and first three large school teams). Once again... <u>we are medaling in all races to 40 runners!</u> Awards will be distributed at the Awards table near the T-Shirt sales & concessions. Please allow time for results to be prepared and delivered.

WEATHER/FIRST AID

Please be sure to mention to your athletes the importance of **hydration**. We will have water at the finish line for **DISTRESSED RUNNERS ONLY!!!** It is the athletes' responsibility to drink plenty of fluids prior to racing and teams should plan to provide water at team camp for their team members following races.

FIRST AID(Please Read) - Please be aware that Coaches are expected to provide the basic first aid needs for their athletes as well as monitor situations of reasonable distress associated with racing cross-country. Please communicate this with your athletes and encourage them to stay out of the First Aid Tent unless the situation would be considered a medical emergency warranting professional medical assistance. We will have assistance available at the Finish Line as well as an Ambulance, but would like to keep these services available for emergency cases only!

COACHES GATE

One vehicle from each school/team will be allowed through the front gate at Pena Adobe Rd. with the Parking pass attached below until 7:30am.

Please note that this gate will close promptly at 7:30am and the one vehicle per school policy will be strictly enforced. NO EXCEPTIONS! Parking for these coaches will be in the main asphalt parking lot adjacent to the lake and payment for parking is still required by The City of Vacaville.

PARKING/DIRECTIONS Spectators/Bus Parking

PLEASE ARRIVE EARLY!!!

We continue to work with the City of Vacaville on the parking at LVC. However, it is still HIGHLY recommended to **arrive early** and leave yourself plenty of time. **ALL** spectator vehicles will be directed to the back entrance of the park via Lagoon Valley Road. Once inside the back entrance gate, there will be signs directing guests to make payment via the app (instructions will be posted). **PLEASE DO NOT STOP AND ASK ATTENDANTS FOR DIRECTIONS WHILE DRIVING REGARDING PARKING PAYMENT. THERE WILL BE ATTENDANTS AT THE END OF THE PARKING ROWS TO ANSWER QUESTIONS. Payment can be made via the **Park Mobile App: Zone 2789****

***Buses may use Front Entrance (Pena Adobe Rd.) until 7:30am - following that the gate will be closed and all traffic must enter the back gate on Lagoon Valley Rd.!!!**

* Directions to the park are as follows

- **Westbound** – Take 80W to Lagoon Valley Road. Turn left on Lagoon Valley Road and follow the road approximately a mile to the back entrance of the park. **There will be signs directing you to download the Lagoon Valley Park parking app to pay the \$5.00 parking fee** and to give you instructions on where to park. Parking will be on the right on the field adjacent to the course. If you do not pay for parking on the app you are subject to designated fines by citation from The City of Vacaville...who WILL be on site checking cars for payment. Additionally, walk-up Pay Stations are available at the front gate and main lot.
- **Eastbound** – Take 80E to Lagoon Valley Road. Turn right on Lagoon Valley Road and follow the road approximately a mile to the back entrance of the park. **There will be signs directing you to download the Lagoon Valley Park parking app** and to give you instructions on where to park. Parking will be on the right on the field adjacent to the course. If you do not pay for parking on the app you are subject to designated fines by citation from The City of Vacaville...who WILL be on site checking cars for payment. Additionally, walk-up Pay Stations are available at the front gate and main lot.

******PLEASE ALLOW EXTRA TIME TO GET TO LAGOON VALLEY PARK. TRADITIONALLY, TRAFFIC BACKS UP ON LAGOON VALLEY RD. PLEASE TAKE THIS INTO CONSIDERATION WHEN COMMUNICATING LEAVE TIMES FOR YOUR COACHES, ATHLETES AND PARENTS.**

If you have any further questions or concerns, please feel free to contact me. See you on the 5th!!!!

Regards-

David Monk, Head Coach
Vacaville HS
(707) 344-3247
dmonk@vacavilleusd.org



2026 LAGOON VALLEY CLASSIC
UPDATED RACE SCHEDULE

<u>RACE TIME</u>	<u>RACE</u>	<u>RACE DISTANCE</u>	<u>ENTRY LIMIT</u>
7:45 am	Coaches Meeting at the Finish Line		
8:00 am	Middle School/Club Boys	1.5 Miles	Unlimited
8:02 am	Middle School/Club Girls	1.5 Miles	Unlimited
8:14 am	Freshmen Boys	2 Miles	Unlimited
8:26 am	Frosh/Soph Girls	2 Miles	Unlimited
8:42 am	Frosh/Soph Boys	2 Miles	Unlimited
9:02 am*	Varsity Boys - Large School	3 Miles	10 Runners
9:26 am*	Varsity Girls - Large/Small School	3 Miles	10 Runners
9:54 am*	Varsity Boys - Small School	3 Miles	10 Runners
10:18 am	Junior Varsity Boys	2 Miles	Unlimited
10:20 am	Junior Varsity Girls	2 Miles	Unlimited
10:40 am	Open/Coaches Race	2 Miles	Unlimited

PLEASE LIMIT 1 PER SCHOOL - DO NOT DUPLICATE!!!

Park Mobile App: Zone 2789



COACH / VOLUNTEER PARKING PASS

***DISPLAY ON DASHBOARD**

PROCEED TO FRONT ENTRANCE OF LAGOON VALLEY PARK. 1 PEÑA ADOBE RD, VACAVILLE

COACHES, PLEASE ONE VEHICLE PER SCHOOL. THERE WILL BE A CHECK IN STATION.

ONLY ONE VEHICLE PER SCHOOL WILL BE PERMITTED AT FRONT GATE ENTRANCE. ALL OTHERS WILL BE DIRECTED TO BACK ENTRANCE OF PARK.