

Seaside Invitational Information 9/5/14

Where: San Buenaventura State Beach

Project Time: 11:45 am

Bus Time: 12:00 pm

** Girls on one bus, boys on the other. **

See the pre-meet checklist below. Pack your bag tonight, including your lunch, water, and other healthy snacks. Save the sodas, candy, etc for after the meet. If you need to buy food at school, do this during break.

What to Bring: Uniform, Shoes, Socks, Filled Water Bottle, Sunscreen, Healthy Snacks, Sweatshirt, Sweats, cheering voice ☺ Extra Clothes – it is usually windy and foggy this time of year at the beach. We wear our team t-shirts, sweatshirts at all meets coming and going. (if we get them in time)

Return Time: 7 – 7:30 p.m.(Although last year was earlier and was more like 6 pm- due to great team work on the clean up); After the last race, we need to clean up the course. Please find your seniors for your responsibilities. Once the course is cleaned, we can go home.

Since this is considered a home meet, we will only have one bus returning to Buena. Your parents may pick you up at the State Beach after clean up.

Race Schedule:

Girls Fresh	2:00	p.m.	Boys Fresh	4:00	p.m.
Girls Soph	2:30	p.m.	Boys Soph	4:30	p.m.
Girls Jr	3:00	p.m.	Boys Jr	4:55	p.m.
Girls Sr	3:30	p.m.	Boys Sr	5:20	p.m.

*Allow about 45 – 60 min for your warm-up and 30 min for your cool down

When you are not racing, you need to be at your assigned stations! Any Questions, please try to find your Big Sisters/ Big Brothers first, then the coaches

"The best way improve the team is to improve ourself." - John Wooden