

Ventura County Meet

When: Friday Oct 31, 2014

Where: Lake Casitas- Coyote Launch Ramp

Bus Time: 11:30 am Project Time: 11:15 am

Race Time:

<u>Schedule:</u>	<u>Time</u>	<u>Medals</u>	<u>Trophies (L)</u>	<u>Trophies (S)</u>
JV Boys	1:30 p.m.	1-40	1 st - 3 rd	1 st - 3 rd
JV Girls	2:05 p.m.	1-40	1 ^s - 3 rd	1 st - 3 rd
Frosh Boys	2:40 p.m.	1-60	1 st - 3 rd	1 st - 3 rd
FS Girls	3:15 p.m.	1-60	1 st - 5 th	1 st - 5 th
Soph Boys	3:50 p.m.	1-60	1 st - 3 rd	1 st - 3 rd
Varsity Girls	4:25 p.m.	1-70	1 st - 5 th	1 st - 5 th
Varsity Boys	5:00 p.m.	1-70	1 st - 5 th	1 st - 5 th

What Time will we get back: Approx. 7:00 pm

Bring: water, healthy snacks, shoes, uniform, socks, sweats, sunscreen, more water/sports drink, \$ if you wish to get a shirt

Additional Information:

- Parking is \$10 per car entering the park.
- You may park at the entrance to Lake Casitas, but it is a 2-mile walk to the starting line. There is parking inside the park close to the start line, approximately $\frac{1}{4}$ mile. It may be necessary for parents to park in the overflow lot inside the park. The overflow parking lot is close to a mile to the starting line.
- Snack Bar will be near Spectator Hill
- You may go home with your parents, after the meet is over AND our team warm down and stretch. You need to check out with the coaches before you leave.

