

Seaside Invitational Information 9/11/15

Where: San Buenaventura State Beach **Project Time:** 11:15 am **Bus Time:** 11:30 am

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

See the premeet 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.

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

COURSE: It will begin and end inside the Ventura State Beach Park. It will be a flat three-mile course, mostly on the bike path next to the ocean. Map: <http://www.usatf.org/routes/view.asp?rID=493819>

STATE BEACH PARKING: Cars - \$12.00

AWARDS: Medals to the first 50 finishers
 Plaques to the first 5 teams – determined by team team time using the top 5 fastest runners regardless of grade
 Trophies to the fastest boy and girl of the day
 Trophy to any runner who breaks a divisional record

TEAM SCORING: Based on team times. Adding the fastest 5 runners' times from each team from all divisions.

T-SHIRTS: Custom t-shirts

CONCESSION STAND: We will have a variety of snacks, fruits, and drinks.

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