

Woodbridge Invitational Sept 19, 2015**Where:** Orange County Great Park- Irvine**Project Time:** 10:45 am**BUS TIME:** 11:00 am**Return Time:** 1:00 am

When we get to the meet we will be going over the course- so have your running shoes on when you get off the bus. Each group needs to make a plan on when and where to meet for warm up. If you are not racing, you are expected to dress as if you are racing and will be help taking mile time splits. After you race- everyone is expected to be out on the course cheering. (Loudly, of course, knowing everyone's name, and positive encouraging words!)

What to Bring: Uniform, Shoes, Socks, Filled Water Bottle, Sunscreen, Healthy Snacks, Sweatshirt, Sweats, cheering voice ☺ We wear our team t-shirts, warm ups, sweatshirts at all meets coming and going. Money for lunch, meet shirt, we will stop at In'n Out on the way home.

AWARDS: Individual metals to the top 100 in each race. Team trophy top 6 in each race.

Race Schedule: We are in the Gold Division

Race	Time	Race	Time
Novice Boys	3:50 pm	JV Girls	6:06 pm
Novice Girls	4:10 pm	Frosh Girls	6:30 pm
Frosh Boys	4:30 pm	Soph Girls	6:54 pm
Soph Boys	4:54 pm	Varsity Girls – B	7:42 pm
Jr Boys	5:18 pm	Varsity Boys Rated	9:14 pm
Sr Boys	5:42 pm		

Meet Web Site: <http://gvarvas.com/>

PARENT AND SPECTATOR PARKING Allow ample time to arrive for your races as you might encounter some traffic (especially on Friday afternoon). There will be a \$10.00 parking fee for each vehicle to park at the Great Park on runways off Trabuco Road. Please have runners ride with teams to insure a timely arrival.

The only route available for spectators/parents to the parking areas is Trabuco Road. Spectator vehicles will not be allowed to enter through Marine Way. Please follow the directions below.

Arriving via SOUTHBOUND I-5 or I-405 Freeways:

- Exit on Jeffrey Road and proceed North.
- Turn Right on Trabuco Road.
- Stay on Trabuco Road past Sand Canyon and enter into the Great Park.
- Follow the signs to the parking areas on the runways

TEAM BUS PARKING

Teams will be provided parking permits for team vehicles to enter on Marine Way. The following route will be the only way that buses and permitted team vehicles can get inside the Great Park.

Arriving via SOUTHBOUND I-5 or I-405 Freeways:

- Exit on Sand Canyon Road and proceed North (left turns).
- Turn Right on Marine Way (first right as you cross under the 5 Freeway).
- Stay on Marine Way and enter into the Great Park.
- Follow the signs to the Squadron Lot parking areas.