

Central Park Invitational, Oct 1, 2016

Where: Huntington Beach **Project Time:** 4:50 am **BUS TIME:** 5:00 am **Return:** 3:00 PM

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.

COURSE: 3 mile course with grass, dirt, asphalt, hills, and a loop around a lake. Spectators have an excellent view.

Race Schedule	<u>Larger Schools</u>
Boys Varsity	8:30 am
Girls Varsity	9:00
Boys JV	9:30
Girls JV	10:00
Boys Fresh	10:30
Girls Fresh	11:00
Boys Soph	11:30
Girls Soph	12:00 pm

AWARDS: Individual metals to the top 35 in each race. Team plaques 1st, 2nd, 3rd place in each race. Top Male / Female awards

Meet Web Site:

<https://fvhscctnf.wordpress.com/fountain-valley-high-school-cross-country-track-field/cpi/>

Link to directions to the course: http://www.fvhsc.com/docs/cpi/CPI_Directions.pdf

"There are some who are born scared, afraid, and not willing to show some guts.

We eat those people for breakfast." Read on a NO FEAR T-shirt

Results 2015

Last	First	Gr		1 mile		2 mile		3 mile	PI
Gurney	Laura	9	Fresh	7:05	7:56	15:01	7:28	22:29	37
Russell	Catalina	9	Fresh	7:10	8:20	15:30	8:04	23:34	63
Kruseman	Casie	9	Fresh	7:30	8:12	15:42	7:59	23:41	65
LoPiano	Sofia	9	Fresh	7:14	8:37	15:51	8:43	24:34	86
Rose	Madeline	9	Fresh	7:45	8:47	16:32	8:14	24:46	92
Aguilar	Maria	9	Fresh	8:30	10:20	18:50	9:46	28:36	132
Balden	Lily	9	Fresh	8:01	10:05	18:06	10:32	28:38	133
Arana	Victoria	9	Fresh	9:00	10:50	19:50	10:27	30:17	142
Rodriguez	Celeste	9	Fresh	10:45				40:58	148
Strange	Alyssa	11	JV	6:33	7:45	14:18	7:12	21:30	19
Siddens	Sara	11	JV	8:37	10:59	19:36	9:29	29:05	151
Martinez	Ellyanna	10	Soph	6:46	7:56	14:42	7:27	22:09	16
Torrez	Alekz	10	Soph	7:03	8:12	15:15	7:58	23:13	36
Rojas	Katherine	10	Soph	8:32	9:56	15:15	7:58	27:42	95

"There will come a point in the race, when you alone will need to decide. You will need to make a choice. Do you really want it? You will need to decide."