

**28th Annual Laguna Hills
Cross Country Invitational
Saturday, September 10th 2011**

Bus Loads: 6:30 am

Bus Leaves: 6:40 am

Busses Return: About 12:00 am

Race Times El Toro is Division I

<u>Race #</u>	<u>Bib Color</u>	<u>Grade/Gender</u>	<u>Race Time</u>
Race #3	Green	Freshmen Girls	8:00 am
Race #6	Red	Freshmen Boys	8:25 am
Race #9	Green	Sophomore Girls	8:45 am
Race #12	Red	Sophomore Boys	9:10 am
Race #15	Green	Junior Girls	9:30 am
Race #18	Red	Junior Boys	9:55 am
Race #21	Green	Senior Girls	10:15 am
Race #24	Red	Senior Boys	10:40 am

Warmup: Each team is to assemble at the general area of where our team is 60 minutes prior to their race time. Each team will warm up together 55 minutes prior to race time. You will proceed to the starting line 10 minutes prior to race time.

Warmdown: After your race walk back to where our team's belongings are. Drink some water and begin your warmdown with your teammates.. Freshmen (15 minute jog) Sophomores (20 minute jog) Juniors/Seniors (25-30 minute jog)

You may leave with your parent **only after your warmdown**. You must notify the head coach: Hagin (boys) or Stewart (girls). Otherwise, you must ride the bus back to school

Awards

The **top 40 finishers** in each race will receive an award

The **top 3 teams** in each race will receive a team trophy.

Hydrate well the day before the race and the morning of the race. Attend the **Spaghetti dinner at house** the night before the meet. See map and details. **Be in bed no later than 9:30 pm** on Friday evening. Invitational T-shirts will be on sale at the meet.

Do not bring valuables to the meet. It is your responsibility to keep track of your uniform, sweats and personal belongings. If you lose any school issued uniform you will be responsible to pay for it. We suggest you put your items in a sports bag and know where it is.

Results will be posted on the LHHS Website at: www.saddlespace.org/fletchers/lagunahills or on Dyestat at: www.dyestatcal.com

You are going to do very well. Have Fun and Remember: El Toro CC is #1