

Cross Country League Finals

Thursday, November 3rd 2011 Irvine Park

Dismiss from class: 10:45 am Bus Loads: 10:50 am Bus Leaves: 11:00 am

Race Times

Freshmen Girls	1:00 pm	<u>Awards Ceremony</u>	About 4:30 – 5:00 pm
Freshmen Boys	1:25 pm	Busses Return to El Toro	About 5:45 - 6:00 pm
Sophomore Girls	1:50 pm		
Sophomore Boys	2:15 pm	Students are to ride the bus to and from the meet.	
Varsity Girls	2:40 pm	Parents may pick up your son or daughter at	
Varsity Boys	3:05 pm	ETHS upon their return.	
Junior Varsity Girls	3:30 pm		
Junior Varsity Boys	3:55 pm		

Top 9 athletes of CIF Qualifying team: Will be notified before you leave to go home on Thursday.

Warmup Times

Athletes are to warm up with your team 55 min. before the start of your race. Report to the starting line 10 minutes prior to the scheduled race time. It is your responsibility to stay with your team. Upon completion of your race reassemble at our team area, drink water and do a 10-15 min. warmdown. Varsity and any potential top 9 runner is to do a 3 mile warmdown (8 miles total for day)

Bar-B-Q

Following your warmdown you will be treated to a Bar-B-Q lunch/dinner by our booster parents. Make sure you thank them for all of their work and dedication to our program.

Awards

The top 7 finishers in each race will receive a medal; the top 10 in Varsity races will receive a medal

CIF Advancement

The top 3 teams in boys and girls varsity will advance to the CIF Prelims on Saturday, Nov. 13th at Mt. SAC.

Individuals may advance to CIF by placing in the top 6 the varsity race if they are on a non qualifying team.

All Uniforms are to be turned in clean on Friday, Nov. 4th.