

BAY LEAGUE 2 Hosted by Peninsula

Bay League 2 will be held at our home course!!! You know it and will conquer!!

Bus: Departs Pen Hi at 1:05 pm. Out of class at 12:50 (Check in to your 5th period class and then head to the bus)

NO Return Bus!! Parents need to pick you up from our course!

There will be a snack shack set up and the Taco Man so bring money to eat once you race and cooldown!

Race Schedule:

JV Boys - 2:30 (warm up begins at 1:45 Colin)

Varsity Girls - 3:20 (warm up begins at 1435 Rebecca)

Varsity Boys – 3:50 (warm up begins at 3:05 Davis, Abba)

JV Girls – 4:15 (warm up begins at 1530 Hannah and Bark)

Frosh Boys – 4:45 pm (warm up begins at 4:00 Kade)

Frosh Girls - 5:15 pm (warm up begins at 1630 Alice and Madeline)

As you wait, observe start and finish of previous races to assist you. Also, Captains/Group leaders help out the others when you are cooled down. All runners cheer for the other kids who are racing!!

Bring warm clothes and snacks, possibly homework!!

Varsity girls, Rebecca will have the cooldown. JV girls, see Coach Piersol or Slattery for the cooldown. Freshmen girls, you have a 15 min cooldown. Wait for your team at the finish line. Begin your cooldown IMMEDIATELY after everyone has finished. The sooner you go, the sooner you are done and the more effective it is! After cooldown, stretch as a team.

Varsity boys, one of your captains will have the cooldown. JV boys, Coach Foster or Nate will tell you your cooldown. Freshman boys, you have a 20 minute cooldown. Meet IMMEDIATELY at the finish line to begin the cooldown -- the sooner you go, the more effective it is! Afterwards, grab water and stretch AS A TEAM!

The Course will be clearly marked with mile markers and volunteers. Run smartly by running through the hills!! Take quick steps! All out once you see the clock and run through the clock, taking and holding your position in the chute!!

