

2014 Bay League Cross Country Championships
Thursday, November 6
Hosted by Redondo Union High School

WHERE: Redondo Union High School – start and finish on the track in the stadium

WHEN: Thursday, November 6, 2014. Bus will leave Peninsula at 4 pm and return approximately 9:30 pm.

RACE SCHEDULE: *you must check in at the start line 5 minutes before your race*

6:00pm	Girls Freshmen (warm Up 5:15 w/Sara and Kristin)
6:30pm	Boys Freshmen (warm up 5:45 w/Kade)
7:00pm	Girls Junior Varsity (warm up 6:15 w/Kiley and Erin)
7:30pm	Boys Junior Varsity (warm up 6:45 w/ Colin)
8:00pm	Girls Varsity (warm up 7:15 w/Alyson)
8:30pm	Boys Varsity (warm up 7:45 w/ Abba, Davis)

* Warm up on the infield of the track stadium. Final strides will also be done on the infield and not on the track while races are finishing up.

AFTER SCHOOL, BEFORE YOUR RACE AND EATING: This year, since the race is so late, we're going to have a team dinner/movie evening at school before the meet. This way the kids get to relax, watch a movie, or do some homework with their teammates and still get a decent meal before their races. We recommend kids eat around three hours before their event (more if they have stomach issues, less if they can handle it). The idea is to simulate what they're used to: eating a good lunch, and then running a few hours later (just like they do every day before practice). The kids should eat something lunch-like before their race that they're used to eating. The kids should also still eat a good (possibly larger than normal) lunch at school. Eating enough on this day will be **critical** to running a good race!

COURSE DETAILS: A map is located at the bottom of this document. Please note that the mile markers are approximate on the map. The course starts and finishes on a synthetic track; all other parts of the course are asphalt and cement with a little bit of grass. The course is a touch over three miles in length. It is a hilly course with a lot of turns.

SPECTATOR PARKING: Spectators can park in the north lot off of Diamond Street or on the neighborhood streets surrounding the school. Please note the permit parking areas on the streets on the south side of the school. You will be ticketed if you park on those streets with permit parking. See the parking lots on the separate map attached in this email.

SPECTATOR VIEWING AREAS: Spectators will not be allowed on the infield or on the track. Viewing can be anywhere else on the course, around the track outside of the fence or in the stands. Coaches, athletes and Redondo volunteers will **ONLY** be allowed on the track or infield.

CONCESSIONS: A full concession stand will be open during the meet on the south side of the stadium at the top of the home stands.

2014 Bay League Finals RUHS Cross Country Course

- Mile 1
- Mile 2
- Mile 3

