

LAGUNA HILLS INVITATIONAL

https://www.saddlespace.org/fletchers/lagunahillshighschoolcrosscountry/cms_page/view/736919

HYDRATION, HYDRATION, AND MORE HYDRATION!

Laguna Hills Invitational, Sat. Sept. 13 @ Laguna Hills High School

BE AT PEN AT 5:45 AM, BUS LEAVES PEN @ 6:00 AM SHARP AND WAITS FOR NO ONE!!!

Have proper attire, watch, food, and water!!!!

EVERYONE travels both ways on the bus unless arrangements are made with your coach.

No exceptions!!!!

Bus returns to PenHi at approximately 2:00 PM

Schedule: (Division 1) *Times subject to change based on Heat Index.

Girls Frosh- 8:05 (warm up @ 0720) w/Madeline and Jessica

Boys Frosh- 8:40 (warm up @ 0755) w/Kade and Evan

Girls Soph- 9:05 (warm up @ 0820) w/Lui Sisters

Boys Soph- 9:40 (warm up @ 0855) w/ Jaden and Brian

Girls Jr- 1005 (warm up @ 0920) w/Alyson and Rebecca

Boys Jr- 1040 (warm up @ 0955) w/ Davis and Aba

Girls Sr- 1105 (warm up @ 1045) w/captains Kriya and Courtney

Boys Sr- 1140 (warm up @ 1055) w/ Colin and Adam

Warm-ups: Report to designated person **promptly** for warm-up and cool-down at our camp.

Miss warm-up start and you **don't** get to race. Be at the Clerk Of Course 10 minutes before the start of your race. Give your warm-ups to someone to watch for you. Don't just lay them on the ground by the starting line.

When your race finishes everyone does the following **TOGETHER:**

Stay at the end of the finish chute to meet **ALL** your team members.

Grab water quickly when **EVERYONE** has finished.

Start 20 minutes of jogging, then stretch **WITH YOUR TEAM.**

Drink plenty of fluids and eat banana or bagel **IMMEDIATELY** after cool-down.

Got chocolate milk?

Awards: Trophies to top 3 teams. Medal to top 40 individuals in each race.

Remember - we are concerned about **TEAM** accomplishments - think **TEAM.**

Refreshments and **T-shirts** will be sold at the meet.

Directions: Laguna Hills High School, 25401 Paseo de Valencia, Laguna Hills, CA 92653 USA

Take 405 South as it becomes I5 near the El Toro "Y". Exit right onto Alicia Prky., heading west. Turn right on Paseo de Valencia. School is on the left.

Special Notes:

As we always try to do at the first meet of the year, we want to establish our race rituals. Your job on arrival is to learn the race course from the map. Walk the course; know the start and the finish (no surprises!). Find the 1-mile and 2-mile marks. Warm-up with designated students. All teams must do this together; on one is exempt! Be a team. We don't want individuals. This meet has a reputation for very warm weather, so the name of the game is: Hydration!

Kevin Dempsey Cross Country Course:

Named in honor of Kevin Dempsey, the "Father of Laguna Hills Cross Country", who for over a quarter of a century served loyally as the Laguna Hills High School Cross Country Coach, Founder and Meet Director of the Laguna Hills Cross Country Invitational, and designed the course that now bears his name. The classic 3-mile course is one of the most challenging, spectator friendly, and diverse courses in Orange County, running across the Laguna Hills High School Campus, and the surrounding hills and valleys of the City of Laguna Hills, and is comprised of a varied: 30% grass, 30% dirt trail, and 40% asphalt/concrete terrain.

The course starts on the east end zone of the football field in the Laguna Hills High School Stadium, then loops the LHHS "Upper Field", and runs along the dirt trails and Aliso Creek Bike Trail adjacent to Laguna Hills Drive before passing the 1-Mile mark. The second mile sees the course returning to the LHHS "Upper Field", but exits campus soon after via the LHHS Baseball Field, where the course follows a dirt trail making a wide U-turn before ascending to the crown of the imposing "Hawk Hill", only to quickly descend to Indian Hill Lane and the 2-Mile mark at Moulton Parkway. Mile 3 continues to descend to the course's lowest point when it turns onto the Aliso Creek Bike Trail and soon after enters "Death Valley", only to climb steeply once again up "The Final Ascent" before crossing the LHHS Cross Country Stretching Pad, and finishing back in the welcome confines of the Stadium on the LHHS Track at the 50 yard line on the visitor-side of the stadium.

Course Markings and Clocks:

Course will be chalked, painted, flagged, numerous barricades with signage, and have clocks at the mile marks & finish line.

Individual Awards:

Top-40 Finishers in each race will receive a custom Laguna Hills Cross Country Invitational medal.

Team Awards:

Team Plaques awarded to the Top-3 teams in each race.

Team Champion Bags awarded to the Top-7 runners of the winning team of each race.

