

**Mt. Sac Invitational
Sat. Oct 25 @ Mt. San Antonio College**

Bus leaves PenHi at 0515 am. Sharp! It will be warm so start hydrating now! Home approx. 3:00 pm.

Girls JV 0746 race number 53 (Kim/Bakos)
Girls Varsity 0946 race number 63(LilyWong))
Girls Frosh 1146 race number 79 (Kim/Castro)
Girls Soph 1301 race number 89 (Kiley/Bark)

Boys JV 0800 race number 54 (Colin)
Boys Varsity 1040 race number 70 (Abba/Davis)
Boys Frosh 1210 race number 82 (Kade)
Boys Soph 1240 race number 86 (Jaden)

Leaders ask your coach for the cool down once you gather your team post race and are ready to go!!

Please stay at the course and cheer on your teammates from the other races!!!!

Bring snacks!!

Report to the Clerk of the Course 15 minutes before race time. Keep warm. They will have you in a holding pen while waiting so keep moving.

Wait at the end of the chute for your group to finish and immediately **cool down** together.

Awards: trophies to the top three teams and medals to the top 15 individuals.

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

Directions: 110 Fwy to 91. East on 91 to 605. North on 605 to 10. East on 10 to Grand. Right on Grand to Temple. Left on Temple to stadium parking lot on the left.

This course is used for the CIF Prelims and Finals.

For more information go to: <http://events.mtsac.edu/ccinvite/>