

Meet Sheet: 2nd Haystack Tune Up XC Invitational

October 24, 2026

TRANSPORTATION

- ❖ Most of us are planning to travel together on a bus. Please be in the bus circle by 6:00am on Saturday morning. The bus will leave at 6:15am EXACTLY. Arriving at 5:55am is on time, 6:15 is late. If you are late, plan on having your parents drive you—we can't wait for stragglers, we don't know if you are 30 seconds or 30 minutes away.
- ❖ The race is held at Hayward High School in Hayward, California. Spectators can park at Bret Harte Middle School at 1047 E St, Hayward, CA 94541 and walk to the high school.

MORE INFORMATION

This is the first time most of we have been on this course so...lots of course records! This is the course that the NCS uses for their section championship meet, so we can expect this to be legit.

Here is a course map, HOWEVER there was a message from the meet director that this changed slightly because of the baseball field. The adjusted map confused me so let's look at this older one for now, and then see what they provide on site. We can pay attention and figure it out!

<http://www.crosscountryexpress.com/2010/11/hayward-hs-cross-country-course-map.html>

Look at the course and watch the races before yours. Find the finish and your sprint point. Get ready to run hard and have a good day!

- Have a healthy dinner, and get a good night's sleep, on Friday night!
- Hydrate! Have a glass of water when you get up, sip consistently in the morning.
- Eat a healthy breakfast – hopefully you learned something from the Lagoon Valley and DLS races. Bring a snack for after your race.
- Don't just hang around the camp after your race; warm down and cheer on your teammates in their races.
- Check the weather and dress appropriately.
- If you want to buy snacks or a meet T-shirt, bring some \$\$\$.
- Remember to thank the meet organizers and volunteers for supporting this event.

RACE SCHEDULE:

8:30am	Varsity Girls: Taylor, Miranda, Naomi, Melinda, Myra, Alex Q, Alex P, Medha (Luna?)
9:00am	Varsity Boys: Akshat, Constantine, Aidan W, Ritik, Sam, Tarun, (Kento?)
9:25am	FSB Large School Wave A: None
9:45am	FSB Large School Wave B: Ethan W, Takumi, Rishabh, Aadit, Fahad, Jayden, Leon Aditya S, Shouki, Jimin, Soma, Peter, Kai, Sihoon, Eli, Adidya P, Max, Agastya, Raghuram, Gary, Rohan
10:15am	JVB Large School A
10:35am	JVB Large School B: Oliver, Advait, Jonah, Kavyansh, Vikram, Aidan C-K
11:00am	Girls Frosh Soph: Katherine, Kaitlyn, Eva, Yoyo, Sophia, Zeynep, Caroline, Jolena, Victoria, Fiona
11:30am	Small school races continue