

Meet Sheet: Early Bird, Toro Park Sept. 10, 2011

Toro Park, Salinas:

-Eat a healthy breakfast and be prepared with good snacks to have in the morning. You can eat all you want after the meet.

-MEET at the bus circle at 6:15am

-Vehicle parking is \$6.00 each. Vans filled with team members in uniform usually are not charged a park entrance fee.

-Bring plenty of water and a snack/lunch for after your race.

-Don't forget your uniform! You must wear your entire uniform; this includes your warm-ups.

-Bring a clean dry change of MV purple to wear after the race.

CAMP: Set up near the play structure next to parking lot #1 (same as last year) at the picnic tables.

TAGS/BIBS: Get them from the coaches and pin them on your uniform right away.

WARM-UP: Find your warm-up leader(s) 1 hour before race time. Stick with them! Report to the starting line 10 minutes before the start. Keep warm by doing striders before the race (don't stand around and let your muscles cool down).

STARTING: Starting Boxes are first come- first served. We need people to SAVE our Boxes!

WEATHER: High 78°- Low 58°

COURSE DESCRIPTION: 3.0 m. Asphalt, dirt roads, and trails, rolling hills, oak trees. Flat, with a hill about 1.7 to 2.0 mile mark.

RACE:	TIME:	Warm-Up Leader(s):
FRESHMAN GIRLS	9:00 A.M.	Senior Girls
FRESHMAN BOYS	9:30 A.M.	Senior Boys
SOPHOMORE GIRLS	10:00 A.M.	
SOPHOMORE BOYS	10:30 A.M.	
JUNIOR GIRLS	11:00 A.M.	
JUNIOR BOYS	11:30 A.M.	
SENIOR GIRLS	12:00 A.M.	
SENIOR BOYS	12:30 A.M.	

AWARDS: Plaque for winning team in each race. Medals to first 7 members of 1st, 2nd, and 3rd place teams in each race. Medals to top 10 runners not on the 1st, 2nd, and 3rd place teams in each race. Trophy for first place individual finisher in each race. Plaque for Overall Boys and Girls Team Champion.

RELEASED TO LEAVE: After Senior boys have finished and camp is cleaned. No garbage!!

OTHER NOTES:

First meet of our season!! Compete HARD, Compete SMART!!

Each one of you represents MVHS; Compete with Integrity, and Show Class!!!

Be Respectful of Course Officials, Opponents, and Coaches!

COMMUNICATE!!!~Report all issues to your coaches~COMMUNICATE!!!

Do not take matters into your own hands! Find Coach!

Every race is an opportunity to show us you want to compete for MVHS. Run Hard!

BE SMART...DO NOT LEAVE ELECTRONICS IN THE OPEN...DON'T BE A VICTIM

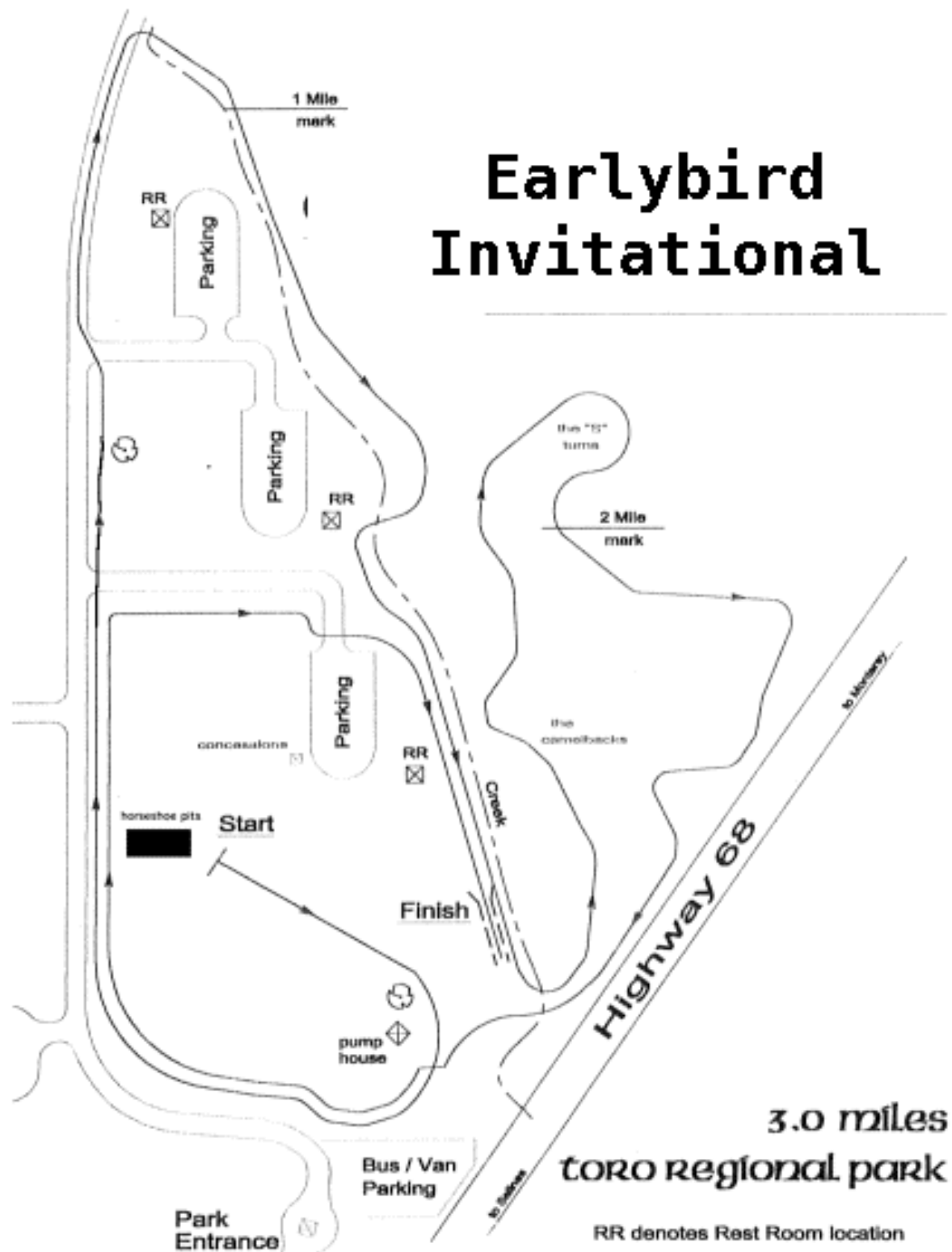
FINAL MESSAGE FROM YOUR COACHES:

Race day is a gift, a celebration, the goal and the payoff for all the hard work you have done. Enjoy the day no matter what the day brings! A great race should be honored, a poor race learned from; you always get something from race day. For many of you this is your first big race, for all of us this is the first race of the season; this is a beginning and it will just keep getting better!

Everyone should say good luck to teammates and at least one competitor, and congratulate the competitors nearby at the finish; it's the right thing to do. Everyone should thank at least one volunteer; we could not race without them.

And shout it out loud at the start—'It's a GREAT day to race!'

Earlybird Invitational



Coming from the North (San Jose):

Take 101 South to Salinas and get off at the Laurel Exit. Take a right hand turn and get into the left turn lane. Go left on to Davis Rd. and continue on Davis to Blanco (about a 1 mile over the bridge and first stop light after bridge). Turn left on to Blanco and go approximately one 1/2 miles to Main Street (Shell Station on right). Go right on Main St. also known as Hwy. 68. Stay on Hwy 68 for about 5 miles and exit at Portola. Go right at the stop sign and under the bridge and it takes you into Toro Park.

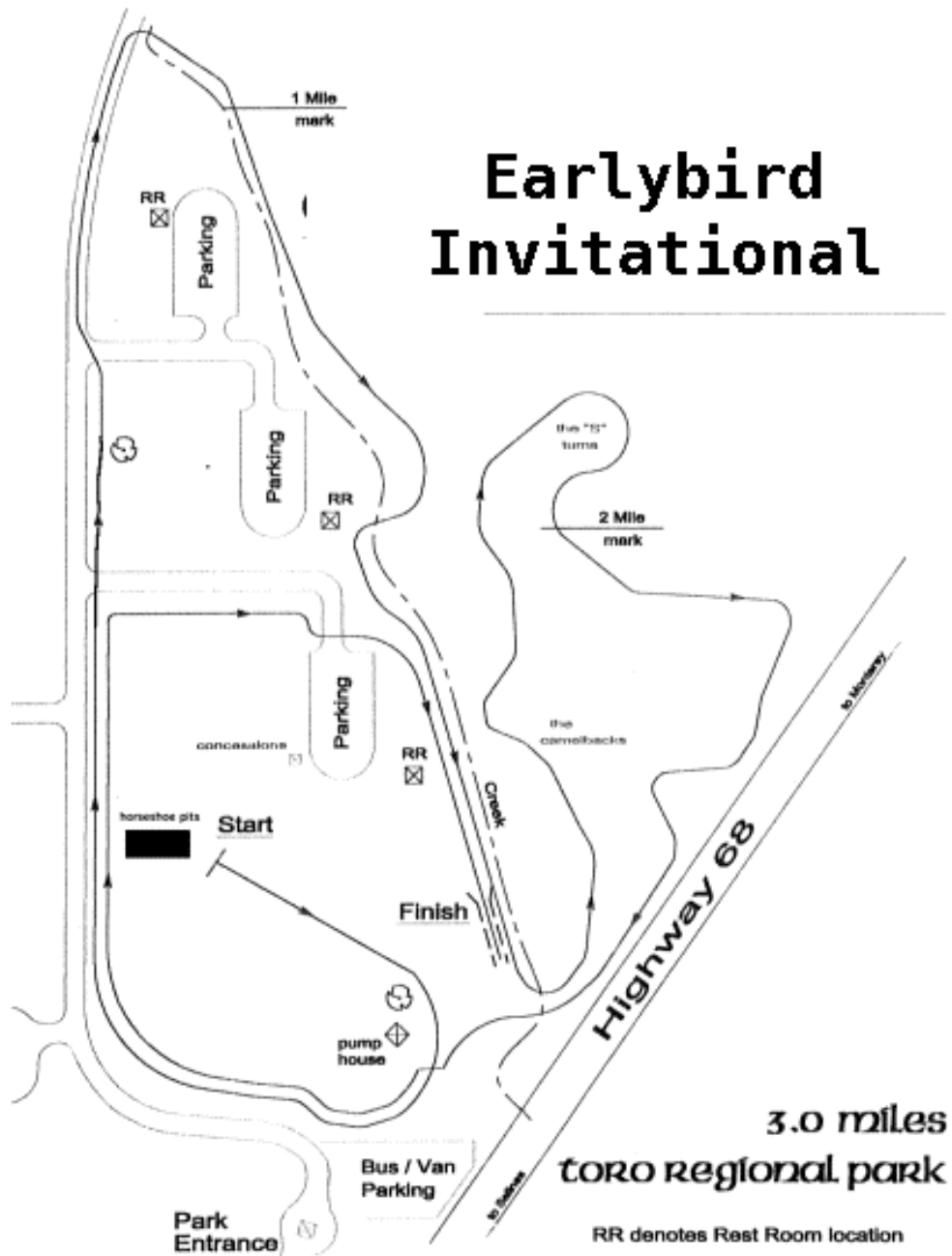
Coming from Monterey:

Take Hwy. 68 east exit at Portola. Go right at the stop sign into Toro Park.

Coming from the South (King City):

Take 101 North to Abbott St. (a left exit). Take Abbott to Blanco and turn left (Denny's is on the corner). Continue on Blanco to Main St. or Hwy 68. Turn left on to Hwy 68 (Star Market on the corner). Stay on Hwy 68 for about 5 miles

“EXPECT THE UNEXPECTED”



MAKE SOME NOISE

“GET PUMPED UP/! TEAM CHEER AT STARTING LINE”

BE PROUD TO BE MATADOR!

WE ARE PROUD TO BE YOUR COACHES!!!

HAVE FUN ~ STAY FOCUSED

GOOD LUCK!!!

“To give anything less than your best is to sacrifice the gift.”

Steve Prefontaine