

## SCVAL Baylands Center Meet, Crystal Springs

### Thursday, October 20, 2011

It is a rough road that leads to the heights of greatness.

--*Seneca*

#### Baylands Regional Park:

See course map (and print out a copy) at  
[www.dyestatcal.com/ATHLETICS/MAPS/baylands.pdf](http://www.dyestatcal.com/ATHLETICS/MAPS/baylands.pdf)

Location: 999 East Caribbean Drive, Sunnyvale, CA 94089 \$6 parking per car ☺

#### Notes:

- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be on empty either.
- ❖ Released from school at 1:30--rides at bus circle 1:45--first race at 3:15pm
- ❖ Look for your coaches when you get there for a camping spot.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ High 71 low 51 be prepared for all weather conditions.
- ❖ Always be prepared, keep **3 large trash bags in your track bag**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish.

#### Warm-Up:

Find your warm-up leaders, 45 minutes before the race and stick with them! Be at the starting line 10 minutes before the start.

#### Course:

5Km Miles of dirt. None of us have run this course before so it's all new. This is a multiple loop course, with the loops slightly different, so keep your head up and pay attention to where you are. Have fun with your race and run smart! **It is a Great Day to race!!!**

## **SCHEDULE:**

<b>TIME:</b>	<b>RACE:</b>	<b>WARM-UP LEADERS</b>
3:15 PM	Frosh-Soph Boys	Steven L
3:45 PM	Varsity B Girls	Tiffany, Hita
4:20 PM	Varsity B Boys	Alex
4:50 PM	Varsity Boys	Michael and Shivam
5:15 PM	Varsity Girls	Nandini and Neha

## **Who runs what:**

### Athletes entered for Mt. SAC Invite on Saturday

Athletes who are not racing:

- Freshman boys who are running at Mt. SAC are not racing at Baylands
- Freshman and sophomore girls who are running at Mt. SAC are not racing at Baylands
- The groups above: Warm up, drill, run ~3 miles easy, and 6 strides about 80M each. You can do this at Baylands if you want, or at school, but do it as a group (boys and girls).

Athlete who are racing:

- Sophomore boys (in F/S race)
- Junior/Senior boys, Junior/Senior girls (in Varsity races)
- Run in a pack together for the entire race. This will be a tempo workout for you. Coach Matt and/or myself will talk to you about this.

Varsity Girls: Cat, Alice, Ellen, [Pearl, Nandini, Risako, Neha]

Varsity Boys: Shivam, Arvind, Collin, Sanjeev, [Vikrant, Steven Ting, Michael]

Varsity B Girls: All other girls run this race.

Varsity B Boys: If you are a junior or a senior not running varsity, run in this race

Frosh-Soph Boys: If you are a frosh-soph boy and not running varsity or listed in the 'not running' list, you are running in this race.