

SCVAL Preview Meet, Crystal Springs
October 6, 2011

Cross Country: No half times, no time outs, no substitutions.

It must be the only true sport!

Pasta Dinner: 6:00-8:00p.m.

Vikrant's house: 20876 Beauchamps Lane Saratoga

Seniors: Drinks

Juniors: Bread

Sophomores: salads and veggies

Freshman: appetizers

Please bring something to share and don't forget to say Thank You!

Crystal Springs:

- ❖ 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.
- ❖ 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 70 low 51 be prepares for all weather conditions. There is a slight chance of rain and it is a dirt race.
- ❖ Be prepared, bring **3 large trash bags**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.

Warm-Up:

Find your warm-up leaders, 45 minutes before the race and stick with them! Girls and boys in each class are running at almost the same time so you can all drill together. Be at the starting line 10 minutes before the start. If you are running later in the day please hold the boxes for your teammates.

Course:

2.95 Miles of dirt and rolling hills. This is what you train on! Have fun with your race and run smart! **It is a Great Day to race!!**

*Don't bother just to be better than your
contemporaries or predecessors.*

Try to be better than yourself. --William Faulkner

Run like hell and get the agony over with. -

-Clarence DeMar

Some Things to Think About:

- ❖ We will run our league championships at Crystal in a month so take a good look at the course. Think about where you want to push, where it will pay off to pace yourself.
- ❖ Run-walk the entire course before the race (maybe not the freshmen—you might be a little rushed). Take a good look at the hills and think about how you want to run them. You can walk up them during your warm up run.
- ❖ Take a good look at the first loop on the course. Remember to pace yourself at the start. Lots of runners take off too fast on this course. Try going out under control this time; if you finish and have a lot left, you know that at League Finals you can hammer a little more!
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish.

SCHEDULE:

Everyone will run with their own grade level. After you are done racing, your warm down can be to jog to different parts the course again and cheer on your teammates along the way!

TIME: RACE:

3:30 PM Frosh race – boys then girls
4:00 PM Soph race – boys then girls
4:30 PM Junior race – boys then girls
5:00 PM Senior race – boys then girls

WARM-UP LEADERS

Emilio and Rohan, Julia and Jenny
Takuto and Ryan, Bridget and Kirsten
Vikrant and Ajay; Catalina and Tiffany
Michael and Shivam; Neha and Nandini

Girls start 3 minutes after the boys.

Remember to thank the volunteers working this meet; coaches and parents from the entire league is working so that you can race!

Starter - Dan Oren, Los Altos
Backup timer - Gunn & Cupertino
Tag Pullers - Mt. View & Fremont
Finish Line Judges - Palo Alto & Lynbrook
Chute Management - Los Gatos & Homestead
Emergency Non-coach Contact - Saratoga
Street Management/Parking - Monta Vista
Distribution - Milpitas
Timing, scoring, etc provided by Hank!

