

SCVAL Baylands Center Meet, Crystal Springs
Tuesday, October 16, 2012

"My life is a gift to me.
What I do with my life is my gift back."
—billy mills

Baylands Regional Park:

See course map (and print out a copy) at
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!) And WEAR IT AT ALL TIMES!
- ❖ High 75 low 58; probably warm but 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, at least 45 minutes before the race and stick with them! Be at the starting line 10 minutes before the start.

Course:

5Km Miles of dirt. This is a fast, fun 5K race. The course has a multiple loops course, with the loops slightly different, so keep your head up and pay attention to where you are. No one made a wrong turn last year but I can see that a wrong turn is possible. There should be people everywhere to help you around the course but remember, ultimately it is the runner's responsibility to stay on course. Have fun with your race and run smart! **It is a Great Day to race!!!**

Stadiums are for spectators.
Runners have nature.
~Juha Vaatainen

Cross Country:

No half times, no time outs, no substitutions.

SCHEDULE:

TIME:	RACE:	WARM-UP LEADERS
3:15 PM	Varsity Boys	Ajay, Anand
3:45 PM	Varsity Girls	Bridget
4:20 PM	Varsity B Boys	Vikrant, Steven Lim
4:50 PM	Varsity B Girls	Catalina, Emma
5:15 PM	Frosh-Soph Boys	Liam, Lucas, Brent

“Other people may not always have high expectations of me, but I always have high expectations for myself.”
~*Shannon Miller (most decorated US athlete, 1992 Olympics)*

Who runs what:

Varsity Boys: Ajay, Zach, Steven Ting, Rohan, John H, Anand, Bumpei
Varsity Girls: Jenny, Bridget, Julia, Maddie, Anna, Chloe, Kirsten D
Varsity B Boys: All juniors and seniors who are not running Varsity
Varsity B Girls: All girls who are not running Varsity
Frosh-Soph Boys: All freshmen and sophomore boys who are not running Varsity

"Scientific testing can't determine how the mind will tolerate pain in a race. Sometimes, I say, 'Today I can die.'"
~*Gelindo Bordin (Olympic Marathon gold medal winner)*

5000 METERS

5k Course Map



Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-E-D-C-B-A-D-Finish