

**Meet Sheet: California State Meet**  
**Woodward Park, Fresno—Saturday, November 29, 2014**

"It's rude to count people as you pass them. Out loud."

**Transportation and Logistics for Friday**

Everyone is responsible for their own transportation, there are several families going down and I'm sure we can work out rides. Let me know if there are any issues and I'll help coordinate. The email tree we have started should work, too.

Here is the schedule. I'd like everyone to plan on leaving Cupertino early, no later than 10am for an arrival at Woodward Park at 1pm, where the team will get together for a shake-out run. I know that this is a holiday weekend and if you have any family commitments or other conflicts that make this an issue, please let me know, we can work something out. I would like the team to be together as much as possible but I do realize it's a holiday and we need to honor our family obligations, too. So talk to me!

We don't have to caravan the cars together, let's just all get going and meet in Fresno. Everyone (except Christina and Namrata I think) have been to Woodward Park for the Clovis Invitational or a prior state meet. We will meet up where we camped last year, which is near the start of the race course on the right.

<b>Time</b>	<b>What</b>	<b>Address (use GoogleMaps early and often! ☺ )</b>
9am-10am	Depart from Cupertino to Fresno, you are responsible for travel; leave early to allow time for possible 'black Friday' traffic at Gilroy outlets!	Have a good breakfast first. Bring a snack/light lunch to eat on the way.
~1pm	Arrive at Woodward Park, meet near our camp site from last year (most of you know where this is, on the right side of the barrier about 200m from the start line)	Woodward Park, 7775 North Friant Road, Fresno, CA 93720
~1-2:30pm	Shakeout run and stretching at Woodward Park course, buy your souvenirs ☺	Bring a snack to eat after and hold you to dinner. Enjoy the atmosphere of CA's best runners!
~2:30pm	Depart for Hotel	Garden Inn and Suites 4949 N. Forestiere Ave Fresno, California 93722 (559) 277-3888
3:00-4:45pm	Check in to hotel, hang out, start the process of freaking out!	
4:45pm (don't be late!)	Depart hotel and drive to an 5pm dinner at a restaurant, that is a classic for dinner before big races in Fresno. We are on a schedule—we have to be out of the restaurant by 6:15 for the next team having dinner there. We will have a menu in advance, please be	Di Cicco's 2221 W Shaw Ave Fresno, CA 93705 (559) 221-6338

	ready to sit down and order your dinner quickly!	
~6:30pm	Return to hotel from dinner, team meeting, relax.	
11pm	Lights out!	

### Race Day! (Saturday)

Here is our schedule for Saturday.

Time	What	Notes
8:00am	Wake up	
8:30am	Breakfast	Bring your own if you have something specific that you want. The hotel has a GREAT breakfast set up however this is not the time to try anything new. Do what has worked best for you this season!
10am	Drive to Woodward Park (it's about 20 minutes and there can be congestion at the park entrance).	We will have set up our campsite the day before so you will know where it is.
~10:45am/ 12:20pm	Start Warming Up	Exactly the same way you have warmed up all season—this works for you. This is NOT the day to change anything!
11:45am	California D1 Boys Championship Race!	
1:20pm	California D1 Girls Championship Race!	
After	Head home happy!	

### MESSAGE FROM YOUR COACHES: STATE MEET

After another fabulous season there is not much more I can add. You are all well trained distance runners and you know what to do. It never hurts to review though...

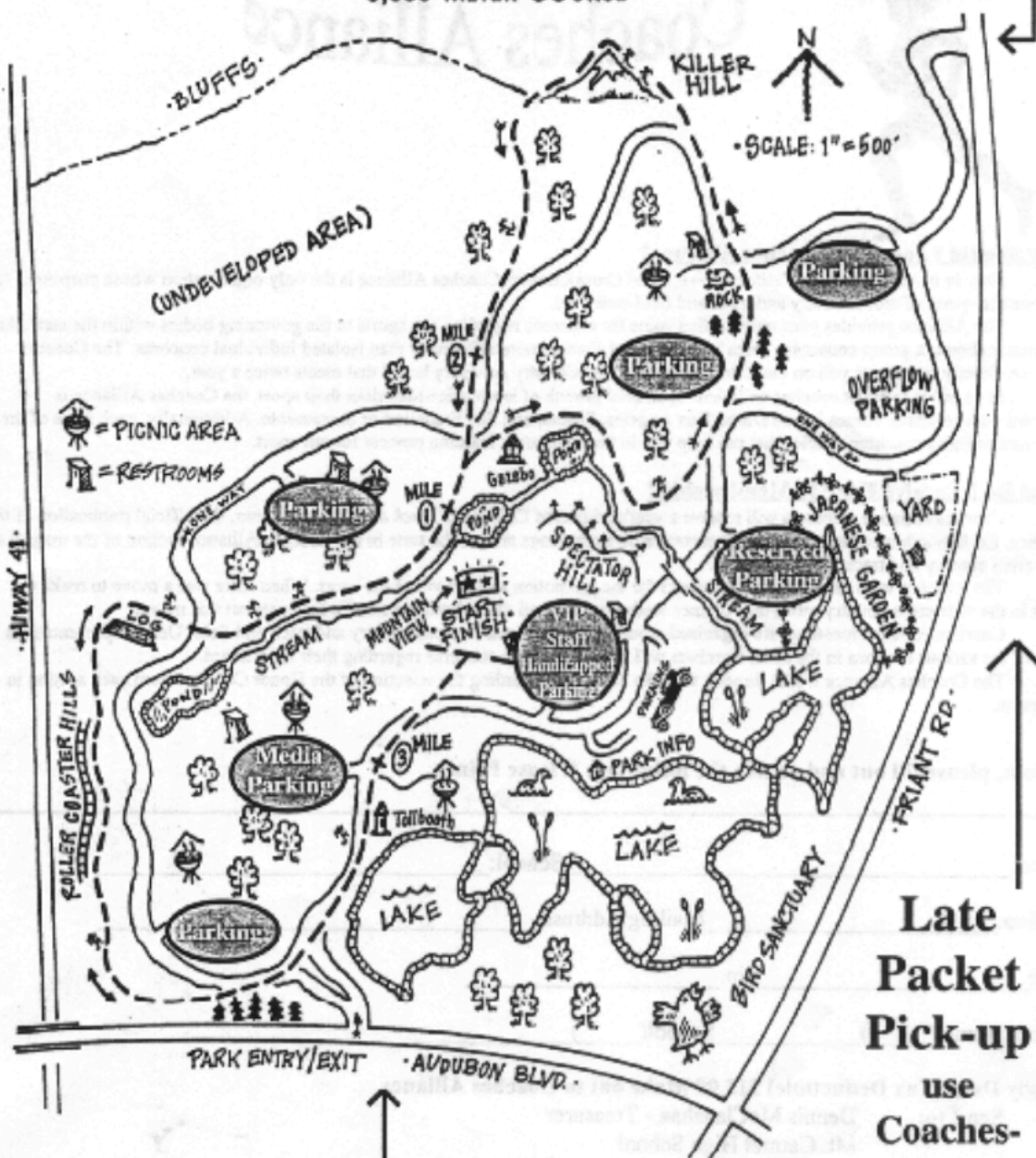
- Get a good night's sleep on Thursday night (the whole week, really, but Thursday in particular).
- It's easy to make a mistake when packing your uniform. Get dressed like you are ready to race, from shoes and socks to hair ribbon. Rohan usually forgets his hair ribbon, for instance. Look in the mirror, are you ready to go? If yes, then take off everything and put it directly into your racing bag and you will have everything you need for a great race.
- Don't forget to pack what you want for breakfast if you don't think this will be at the hotel.
- Bring dry clothes for after, and something to wear for dinner; pack light but have all you want. Check the weather report.

Everyone should:

- Embrace the day. This is a great experience. You earned it. Enjoy it, think about it, file your memories away for always.
- Tell your teammates how proud you are of them.
- **Say good luck to your teammates and at least one competitor.**
- **Congratulate the runners in front of you and behind you at the finish.**
- **Thank at least one volunteer at the meet.**
- When you are done, stand tall, you are one of the few people that has ever competed at the California State Cross Country meet. Be proud, I am proud of you. Embrace your teammates, thank your parents, and think about what you have accomplished. You are amazing.

WOODWARD PARK  
CROSS COUNTRY  
FRESNO, CALIFORNIA  
5,000 METER COURSE

Coaches -  
Athletes  
Entrance



Spectators Entrance

Late  
Packet  
Pick-up  
use  
Coaches-  
Athletes  
Entrance