

Meet Sheet: 40th Wilder XC Mariner Invitational

October 21, 2023

Grit is living life like a marathon, not a sprint.—Angela Duckworth

TRANSPORTATION

- ❖ Most of us are planning to travel together on a bus. Please be in the bus circle by 6:00am on Saturday morning. The bus will leave at 6:15am EXACTLY. Arriving at 5:55am is on time, 6:15 is late. If you are late, plan on having your parents drive you—we can't wait for stragglers, we don't know if you are 30 seconds or 30 minutes away. Wheels up at 6:15!
- ❖ If you do not have a spot on the bus, then your parents are driving you. The race is held at Hayward High School in Hayward, California. The race director would like you to park at Bret Harte Middle School at 1047 E St, Hayward, CA 94541 and walk to the high school.

MORE INFORMATION

This is the first time we have been on this race course so...guaranteed course personal records for everyone!

Seriously, this should be good. This is the course that the NCS uses for their section championship meet, so we can expect this meet to be legit. We are in the final tune-up phase for leagues so Mariner is a good test. Let's go!

I don't know much more about the event than you do. Here is a course tour link:

https://youtu.be/C5S3vJFoxfM?si=Gv3LidI_vhLFTpl6

And here is a course map:

<http://www.crosscountryexpress.com/2010/11/hayward-hs-cross-country-course-map.html>

Let's get there and pay attention and figure this out. Look at the course and watch the races before yours. Find the finish and your sprint point. Get ready to run hard and have a good day!

- Have a healthy dinner, and get a good night's sleep, on Friday night!
- Hydrate! Have a glass of water when you get up, sip consistently in the morning.
- Eat a healthy breakfast – hopefully you learned something from the Lagoon Valley and DLS races.
- Bring a snack for after your race.
- Don't just hang around the camp after your race; warm down and cheer on your teammates in their races.
- Check the weather and dress appropriately.
- If you want to buy snacks or a meet T-shirt, bring some \$\$\$.
- Remember to thank the meet organizers and volunteers for supporting this event.
- *It will be a great day to race!*

RACE SCHEDULE:

8:00am	2.3 Miles Community/Coaches/Alumni Race
8:30am	Boys Frosh/Soph Booker, Qi, Brandon, Sridhar, Abhi
9:00am	Girls Frosh/Soph Mira, Rita
9:30am	Boys Frosh/Soph Race#2 Kento, Ethan, Simha, Aidan, Jonah, Cam, Isaac
10:00am	Coach Wilder Birthday Celebration
10:30am	Girls Championship Invite
11:00am	Boys Championship Invite
11:30am	Girls Varsity Open Miranda, Margaux, Anika, Valerie, Madi, Katie, Megan
12:00pm	Boys Varsity Open Tanay, Bradley, Ryan, Soham, Rishi, Darren, Ruhaan
12:30pm	Girls JV Manasi, Katie, Elina, Siran, Hemani, Juliana
1:00pm	Boys Junior Varsity Paru, Nick, Ian, Aaron