

GETTING READY FOR LAGUNA HILLS INVITATIONAL

For many of you this will be your first cross country race. RELAX!! We approach this race as a hard workout, we don't peak or rest for it. We use it as a way to see where we are in our training, to learn about how to race.

ALL we expect from you, is that you do the best you can and that you learn something that you can apply in your next race. Many of you will go out too fast and then die, some will go out to slow and have too much left, some will lose focus in the middle. The first race of the year is all about experiencing this yourself and then learning from it for the next race.

Laguna Hills is a grade level race as you know so Frosh race together at 8:00, Sophs at 8:45 Jr at 9:30 Senior at 10:15. We ask everyone to be there by 6:45 so we can set up our camp, and then go over the course together before the frosh girls prepare for their race. You are expected to be either preparing for your own race, warming down from your own race or cheering teammates in their race.

Here is a time schedule of what should be going on through the morning:

6:45 am all arrive, set up camp area, buy t-shirts if you wish

7:00 SECRET SISTER EXCHANGE-Don't forget cards/notes!!

7:20 Frosh Girls begin warmup routine

7:50 Frosh Girls report to starting line

8:00 Frosh girls race begins-**EVERYONE ELSE IS CHEERING ALONG FIRST PART OF COURSE-** Including at Finish area 8:20-30

8:05 Soph Girls begin warmup routine

8:40 Frosh Girls do 20 min warmdown run

8:35 Soph Girls report to starting line

8:45 Soph Girls race starts- **EVERYONE ELSE IS CHEERING ALONG COURSE**

8:50 Jr Girls begin warmup routine

9:25 Soph Girls begin 20 min warm down

9:20 Jr Girls report to start

9:30 Jr Girls race begins-**EVERYONE ELSE IS CHEERING ALONG COURSE**

9:35 Sr Girls begin warmup routine

10:10 Jr Girls begin warmdown 20 minutes

10:05 SR girl reports to Start

10:15 Sr Race starts, everyone else cheering along course

10:55 Sr girl 20 warmdown

11:15 TEAM MEETING to celebrate, medals, team trophies etc

11:30 Pack up camp, clean area—Go Cougars!!!

Remember your uniform, sweats, t-shirts. Have your own drinks and snacks, though we will have things available as well. **DON'T FORGET SECRET SISTER Cards/Notes!!!**

WARMUP ROUTINE: 12 min easy running, 15 min drills, feet, swings, 3min final prep 5 min run to start, 5 min drills and Strides in start area

HOW WILL YOU DO??-We are in Div 1 with Dana, San Clemente, Tesoro

Frosh race : top 5 usually under 19:15, top 10 under 19:50, top 20 under 20:45 top 30 under 21:45

Top 40 under 22:15 50 under 23:00 top 60 under 23:15 top 80 under 24:00 100 25:00

With our top frosh here we are a strong possibility get a **WIN 180 in race**

Soph race: top 5 under 18:50 top 10 under 19:45, top 20 under 20:00 top 30 under 20:45 top 40

Under 21:00, top 50 under 21:30, top 60 22:00, 80 22:30 top 100 23:30-**Going for WIN**

here AND MEET RECORD FOR TEAM TIME!!! About 180 in race

Jr Race-top 5 under 19:10 Top 10 under 20:00 top 20 under 20:25 top 30 under 21:00 top 40

under 21:30 top 50 under 22:00, 60 under 22:45, 80 24 min, 100 25 min **Top 2 is goal 130 in race**

Sr race top 5 under 19:00, top 10 under 19:30, top 20 under 20:40, top 30 under 21:30, top

40<22:00-, 50 22:30, 60 24 min, 80 27 min **Top 2 as team goal about 80 in race**