

Bay League Finals
Thursday, Nov. 1, 2018
Redondo Union High School
1 Sea Hawk Way
Redondo Beach, CA 90277

Race Day:

- Everyone should wear Pen XC gear to school on Thursday!
- All members of the XC team meet at the shed area no later than 2:00pm, dressed in warmups, and ready to run.
- There will also be snacks, turkey sandwiches, and drinks provided. We'll have bags to take food to the meet.
- The buses will depart for Redondo at 3:00pm -- all members of the XC team must be on the bus.
- Warm up starts promptly 45min before event w/group leaders (gather 1 hour before): 15min EZ jog as group; plyos together; flats on (if you have them); 6x strides at line (6/10 loosen, 7/10 perfect form, 8/10 slight push, 9/10 good push, 7/10 perfect form, 6/10 loosen); stretch with any remaining time.
- After you finish, WAIT for your teammates near finish line, go to tent TOGETHER, change shoes, and cooldown IMMEDIATELY (5min for all); stretch, water, food, dry clothes on, cheer on teammates in other races AS A GROUP.
- We will have only one bus departing from Redondo back to Peninsula, leaving approximately at 8:15pm -- we strongly recommend getting a ride home with parents immediately following the final event.

Race Day Rules:

- We stick together as a team. If you haven't raced yet, you're under the tents, working on homework, resting, listening to music, hanging out with teammates. If you go to the restroom, go with a teammate and come right back.
- Before your event is not the time to run around and cheer, the best way to help your teammates is resting. Other teams may have individual runners wandering around, seeing friends from other teams, NOT US!
- If you're done racing, you are with all of the other Panthers who have finished, cheering on your teammates who are running AS A BIG GROUP! Not in pairs or by yourself. Find your group leader and stick with them.
- We stay until the last Peninsula runner has finished, then we clean up our area and pack up our tents, coolers, etc.

Races	Runners
5:00pm Frosh Girls	All freshman girls not listed elsewhere. Led by Kate M.
5:30pm Frosh Boys	All freshman boys. Led by Ryan P.
6:00pm JV Girls	All non-freshman girls not listed below. Led by Kristi.
6:30pm JV Boys	All non-freshman boys not listed below. Led by Will.
7:00pm Varsity Girls	Kat, Jordan, Angelina, Paige, Nicole, Addie, Nina
7:30pm Varsity Boys	Ewan, David, Michael, Jared, Toby, Lucas, Tyler

Nutrition Plan:

- HYDRATE, HYDRATE, HYDRATE - ALL DAY WEDNESDAY, ALL DAY THURSDAY!!
- THURSDAY MORNING – EAT A BIG BREAKFAST, MAKE TIME FOR IT.
- THURSDAY LUNCH - NO MATTER WHAT, DO NOT SKIP. EAT SOMETHING.
- WE WILL HAVE BAGS TO TAKE FOOD FROM SCHOOL. IF YOU ARE RUNNING LATER, TAKE SOMETHING.
- TRY TO EAT SOMETHING (EVEN IF NOT HUNGRY) ROUGHLY TWO HOURS BEFORE YOUR RACE.