

# Bay League #1

## Thursday, Oct. 11, 2018

### Peninsula Home Course

### Lunada Bay Little League Fields

#### Race Day:

- The first bus with **BJV, GJV, and BV** will depart from in front of the gym at school at **1:00**, kids dismissed at 12:45
- The second bus with **GV, BFresh, GFresh, and non-competing runners** will depart at **1:30**, dismissed at 1:15
- There are **NO BUSES RETURNING TO PENINSULA AFTER THE MEET**
- **PLEASE PICK UP KIDS NO LATER THAN 6PM**
- 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**.

#### 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
2:30pm Boys JV	All non-freshman boys not listed below. Led by <b>Tony</b> .
3:15pm Girls JV	All non-freshman girls not listed below. Led by <b>Kate</b> .
3:45pm Boys Varsity	Macfarlane, <b>Hindman</b> , Takami, T. Wakefield-Carl, Roth, L. Ding, Hashimoto
4:15pm Girls Varsity	<b>Moore</b> , Real, Kugler, Mendoza, Reed, Nguyen, Grenier
4:45pm Boys Freshman	All freshman boys not listed above. Led by <b>Elijah</b> .
5:15pm Girls Freshman	All freshman girls not listed above. Led by <b>Diana</b> .

#### 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
- TRY TO EAT SOMETHING (EVEN IF NOT HUNGRY) ROUGHLY TWO HOURS BEFORE YOUR RACE