

# **Saturday, Nov. 15: Division III Sections Meet**

Willow Hills Reservoir, Folsom (Backside of Folsom High School)

**Transportation:** Athletes arrive and depart with their own arrangements!

**Arrive @ team camp (next to the levy) by 8:30am!**

**Parking Fee \$10 per car. Folsom High School Charges to park in their lots. Local neighborhood parking fills up fast. Merchants across the street do NOT allow parking in their lots, unless a customer.**

## **Ponderosa Races:**

1. 9:40am Soph Boys D3-5, 2 Miles (Meal by 6:40, Warm up 9, On the line 9:25)
2. 10:00am Varsity Girls D3, 3 Miles (Meal by 7:00, Warm up 9:10/9:20, On the line 9:45)
3. 11:30am Varsity Boys D3, 3 Miles (Meal by 8:30, Warm up 10:40/10:50, On the line 11:15)
4. 12:45pm AWARDS in the Folsom HS Amphitheater \*PHS CC to be in TEAM SHIRTS / Pondo Gear\* BRING YOUR PHONES & CAMERAS!!!!

Soph Boys D3-5 2 Miles   9:40am	Varsity Girls D3 3 Miles   10:00am	Varsity Boys D3 3 miles   11:30am
Dusty Smith (10) Owen Jenkins (10) Jake Judi (9) Drew Drinon (9) Austin Jones (9) Liam Trifiro (10) Jackson Gilbert (10)	Emmy Angelo (11) Sadi Angelo (9) Alex Grunder (9) Mabel Best (9) Avery Wilson (9) Lilli Erwin (10) Monika Alvarez-Romero (12)  <b>Varsity Girls Solomon Jerseys!</b>	Grady Morris (12) Braden Himley (12) Devin Maldonado (11) Colby Woodward (12) Jacob Arthur (10) Weston Lauer (10) Gavin Scowcroft (11)  <b>Varsity Boys Nike Jerseys!</b>

## **MY RACE GOALS:**

➤ Strategy/Technique/Focus: \_\_\_\_\_

➤ Mile Pace: \_\_\_\_\_ ➤ Total Time: \_\_\_\_\_

- ☐ **HYDRATE!** Bring your water bottle and at least one refill.
- ☐ **FUEL PROPERLY**...plan your food for when you race, pack enough.
- ☐ Race day could be cold and rainy please come prepared for race day weather conditions.
- ☐ Bring your team shirt, warm-ups, uniform tank, racing shorts, shoes, and socks. You may want to bring extra clothes & shoes for after your race and for awards & team lunch in Folsom after.
- ☐ Every athlete competing or not is expected to have PONDO gear on, help set up, clean up camp and to be at awards! WE WANT PONDO TO BE WELL REPRESENTED!
- ☐ All athletes should plan on being at the meet from arrival time to dismissal, approx. 1:15pm.
- ☐ Bring \$ if you would like to purchase apparel, snacks @ the meet, or to **join us in Folsom after awards for lunch!!**