

# **Saturday, Nov. 8: Division III Subsections Meet**

*\*\*Ponderosa CC will travel with their own water, snacks, and post-meet meal\*\**

## **Meet @ 5:45am, Team Bus to depart Ponderosa by 6am.**

Unload, find team & set up PHS Camp upon arrival, everyone helps!

**Parking Fee \$10 per car.** School Vans and Buses Free. Enter via the SOUTH ENTRANCE about ¼ mile past GUN CLUB road on the left side of Highway 49. Exit is via the NORTH EXIT onto Highway 49. North exit is used only for emergency personnel ONLY. Plan for traffic. Give at least 20 minutes to park and walk into the fairgrounds.

## **Ponderosa Races:**

1. 9:15am F/S Girls D3, 2 Miles (Meal by 6:15, Warm up 8:35, On the line 9:05)
2. 9:30am Soph Boys D3-5, 2 Miles (Meal by 6:30, Warm up 8:50, On the line 9:20)
3. 10:40am Varsity Girls D3, 3 Miles (Meal by 7:40, Warm up 9:50/10, On the line 10:30)
4. 11:40am Varsity Boys D3, 3 Miles (Meal by 8:40, Warm up 10:50/11, On the line 11:30)

F/S Girls Girls D3 2 Miles   9:15am	Soph Boys D3-5 2 Miles   9:30am	Varsity Girls D3 3 Miles   10:40am	Varsity Boys D3 3 miles   11:40am
Maddie Mills (9) *Olivia Pitts (9)  * = not racing  <b>GIRLS: Bring BOTH team jerseys!!</b>	Owen Jenkins (10) Jake Judi (9) Dusty Smith (10) Austin Jones (9) Drew Drinon (9) Liam Trifiro (10) Wilcken Scott (9) Jackson Gilbert (10) Landon Bordenave (9) Mason Chafer (9) Logan Scowcroft (9) *Michael Alvarez-Romero (9)	Emmy Angelo (11) Sadi Angelo (9) Alex Grunder (9) Mabel Best (9) Lilli Erwin (10) Avery Wilson (9) Monika Alvarez-Romero (12) *Emma Judi (11) *Shauna Roberts (12)  <b>GIRLS: Bring BOTH team jerseys!!</b>	Grady Morris (12) Braden Himley (12) Devin Maldonado (11) Colby Woodward (12) Jacob Arthur (10) Weston Lauer (10) Gavin Scowcroft (11) *Caleb Huckle-Savage (11)

## **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.
- ☐ 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 team meal & ride back home.
- ☐ Every athlete is expected to help set up and clean up camp and our team meal!
- ☐ Every athlete should plan on being at the meet from arrival time to dismissal (after the final race, team meal, & honoring our SENIORS) approx. 1:30/1:45pm.
- ☐ Must ride home with the team unless you have YOUR parent present in order to be signed out at the conclusion of the meet.
- ☐ Bring \$ if you would like to purchase apparel or snacks @ the meet!!