

Ponderosa Cross Country Woodbridge Itinerary

Friday 9/19/25:

No School Attendance Friday

7 am meet @ Ponderosa HS Parking Lot to load cars, coordinate and caravan

7:15am Caravan Departing PHS Parking Lot

FROM THIS POINT TIMING IS ALL BASED ON TRAFFIC & TIME IT TAKES @ STOPS.

Pit Stops as needed & Lunch Stop **(90 minutes TOTAL!)**

Checking into rooms @ Ayres Hotel Laguna Woods **(4pm?)**

PHS CC Rooms					
1	Coach Norwood	Vince Norwood			
2	Coach Wieland				
3	Girls Room	Emmy Angelo	Shauna Roberts		
4	Boys Room	Braden Himley	Colby Woodward	Jacob Arthur	Weston Lauer
5	Boys Room	Devin Maldonado	Gavin Scowcroft	Owen Jenkins	Grady Morris

?After checking into rooms, get ready ASAP for pre-meet practice from the hotel.?

Olive Garden for Woodbridge Team Dinner after cleaning up from practice.

10:00pm ROOM CHECKS. Room checks done throughout the evening/night.

Saturday 9/20/25:

Sleep in! By **9am** Breakfast @ Hotel

Shakeout Run from hotel

1pm Depart from hotel for lunch and then goto the meet

Chipotle Lunch / pick up subway sandwiches for later

?Arrive @ Woodbridge **3 PM**

?Owen Jenkins in Gold Sophomore Boys Race @ **4:46 PM**

?Shauna Roberts in Gold Junior/Senior Girls Race @ **6:46 PM**

Emmy Angelo, Sadi Angelo, and ?Shauna Roberts in Gold Varsity Girls A Race @ **7:10 PM**

Braden, Colby, Grady, Devin, Gavin, Jacob & Weston in Varsity Boys Rated Race @ **9:14 PM**

Late after meet dinner @ In and Out

Upon arrival back to the hotel from the meet & late dinner all athletes return to their own rooms.

Final room check for Saturday night with "tape in" for all athlete rooms.

Sunday 9/21/25:

Breakfast @ Hotel / Pack up and clean rooms checking that all personal items are packed for home.

Each athlete MUST check out with Coach Norwood or Coach Wieland prior to departing Hotel!