

Saturday, Sept. 20: Frogtown Invite, Angels Camp

(3069 CA-49, Angels Camp, CA 95222)

Ponderosa CC will travel with their own water, and snacks.

Transportation: 1 school vans & Parents

Meet @ 6:45am, depart Ponderosa ASAP as a group caravan. Arrive @ Frogtown by 8:30/8:45AM!

Coaches Meeting High School (Small) 8:30am

Driving: *Take Ponderosa Rd south to South Shingle. Follow S Shingle Rd and Latrobe Rd to CA-16 E in Amador County. Turn left onto Latrobe Rd. Follow CA-49 S to Calaveras County. Turn left onto CA-16 E. Slight right onto CA-49 S. Use the left 2 lanes to turn left onto CA-49 S/CA-88 E. Turn left, Angels Camp RV & Camping Resort.*

Parking Fee \$5 per car. School Vans and Buses Free. Enter via the SOUTH ENTRANCE about 1 / 4 miles past GUN CLUB road on the left side of Highway 49. Exit is via the NORTH EXIT on to Highway 49. North exit is used for emergency personnel parking and meet staff for entering the fairgrounds. Give at least 20 minutes to park and walk into the fairgrounds.

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

Ponderosa Races:

1. 10:00 am Sophomore Boys, 2 Miles (Start warm up 9:20-9:30, on the line 9:50)

2. 10:30am Varsity Girls, 3 miles (Start warm up 9:50-10:00, on the line 10:20)

★ Eat Last Big Meal around 3 hours before your race and have small snack if needed

Sophomore Boys 2 Mile 9:20 w-u 9:50 line 10:00 start	Varsity Girls 3 Mile 9:50 w-u 10:20 line 10:30 start
Liam Trifiro (10) Dusty Smith (10) Mason Chafer (9) Logan Scowcroft (9) Jake Judi (9) Wilcken Scott (9) Drew Drinon (9) Austin Jones (9) Michael Alvarez-Romero (9) Landon Bordenave (9) Jackson Gilbert (9) Caleb Huckell-Savage (11) - not racing	Monika Alvarez-Romero (12) Emma Judi (11) Lilliana Erwin (10) Alex Grudner (9) Mabel Best (9) Maddie Mills (9) Olivia Pitts (9)

- ☐ **HYDRATE!** Bring your water bottle and at least one refill.
- ☐ **FUEL PROPERLY...**plan your meals/snacks with when you race, pack enough.
- ☐ **Bring your warm-ups (pants & jacket), uniform tank, racing shorts, shoes and socks.**
- ☐ **Bring extra clothes & shoes for after your race and ride back home.**
- ☐ **Every athlete is expected to help set up and clean up! No captains this meet!!**
- ☐ **Must ride home with whom you rode with unless you have YOUR parent present.**
- ☐ **Bring \$ if you would like to purchase apparel or food @ the meet!**
- ☐ **THIS IS A MEDAL MEET, TOP 10 in each race.**

- ☐ **My Saturday race goal is ____:____ minutes, which is a _____ pace per mile.**
- ☐ **What I will focus on Saturday during the race: _____.**