

CVC Center Meet #1

Host Site: Phoenix Park

Date: Thursday, September 25, 2025

Phoenix Park Address: 9050 Sunset Ave, Fair Oaks, CA 95628

Captains out of class 11:15am, Team out of class 11:30am, Depart Ponderosa by 11:45am. Team dinner stop @ Chipotle Mexican Grill 5223 Hazel Ave, Fair Oaks, CA. Athletes need to bring money if they wish to purchase dinner! Eat dinner, depart Chipotle for PHS. Approximate arrival back to PHS 6/6:30pm.

Race families this week are Frosh/Soph Boys, Frosh/Soph Girls, Varsity Girls & Varsity Boys.

Races:

1. 2:00 pm Frosh/Soph Boys, 2 Miles (Lunch by 11:00, Warm up by 1:20, On the line 1:50)
2. 2:20 pm Frosh/Soph Girls 2 Miles (Lunch by 11:20, Warm up by 1:40, On the line 2:10)
3. 2:45 pm Varsity Boys, 5K (Lunch by 11:45, Warm up by 2:05, On the line 2:35)
4. 3:15 pm Varsity Girls, 5K (Lunch by 12:15, Warm up by 2:35, On the line 3:05)

Race Families

F/S Boys 2:00pm 2 Miles	F/S Girls 2:20pm 2 Miles	Varsity Boys 2:45pm 5K	Varsity Girls 3:15pm 5K
Jake Judi (9) Dusty Smith (10) Austin Jones (9) Drew Drinon (9) Liam Trifiro (10) Michael Alvarez-Romero (9) Landon Bordenave (9) Jackson Gilbert (10) Wilcken Scott (9) Mason Chafer (9) Caleb Huckell-Savage (11) Logan Scowcroft (9)	Olivia Pitts (9) Monika Alvarez-Romero (12) Maddie Mills (9)	Braden Himley (12) Grady Morris (12) Devin Maldonado (11) Colby Woodward (12) Jacob Arthur (10) Gavin Scowcroft (10) - ? Owen Jenkins (10) Weston Lauer (10)	Emmy Angelo (11) Sadi Angelo (9) Alex Grunder (9) Mabel Best (9) Avery Wilson (9) Lilli Erwin (10) Shauna Roberts (12) Emma Judi (11)

- ☐ **HYDRATE!** Bring plenty of water with you.
- ☐ **FUEL PROPERLY...**plan your food with when you race, pack enough.
- ☐ **Bring your warm-ups, t-shirt and shorts with your uniform, shoes and socks.**
- ☐ **Every athlete should plan on being at the meet from arrival time to dismissal (after the final race, cool down, & team meeting).**
- ☐ **Bring \$\$ for Chipotle – the bus will be stopping after the meet!**
- ☐ **My Thursday race goal time is ____:____, which is a ____:____ pace per mile.**
- ☐ **What I will focus on Saturday during the race:** _____.