



# SWL Meet #2

Wednesday is the 2nd Southwestern League Meet. There will be 4 races Varsity Boys, Varsity Girls, JV Boys, and JV Girls. There will be 6 teams competing in our league (Chaparral, Temecula Valley, Murrieta Valley, Vista Murrieta, & Murrieta Mesa). After our final race, we will have a team meeting in our team area to go over how we did as a team. Please do not leave before the meeting! This is a very serious meet, is not optional, and we expect everyone to do their best and be on their best behavior! Do not use this meet as a reason why your homework is not completed! You will be missing and all of 6th period for this meet so use your class time wisely and have a plan and use it so you don't fall behind on your homework! This meet counts 25% towards the league championship, so run hard! We are currently 1<sup>st</sup> in JV Boys, JV Girls, Varsity Boys, and Varsity Girls.

What to bring?	Meet Schedule/Info	Time Schedule
<b>Uniform:</b> (on when you get to the bus)	Wednesday – 10/16/19	Out of Class at 1:00 pm
<b>Pick up</b> – Parents can sign you out from the meet and take you home if needed after team meeting at the end <b>only!</b>	<b>The course at Galway Downs consists of one 3 mile loop for this meet</b>	Bus Leaves School – 1:30 pm
<b>Running shoes</b> & racing flats and extra pair of socks	This course will have some medium/small hills!	Arrive at Meet – 2:00 pm
<b>Food:</b> ex: bagels, bananas, fruit, water and Gatorade	Novice – 3:30 pm JV Girls – 4:00 pm JV Boys – 4:30 pm	Leave Meet – 6:30 pm
<b>Extras:</b> Sunscreen	Varsity Girls – 5:00 pm Varsity Boys – 5:30 pm	Arrive Back at GOHS – Around 7:00 pm...

**Parking is \$5 at the meet for Galway Downs.**

**Do Enter Areas-** There are a few areas to keep athletes and spectators from entering. The stables and the nice wedding area are off limits. (See Course Map).

**Galway Downs-** 38801 Los Corralitos Rd,  
Temecula, CA 92592

Live results on the Finished Results app.



Great Oak High School Cross Country  
Coach Soles – Cell # 951-326-6992  
Email – dsoles@tvusd.k12.ca.us