



2019 Camp Time Trial

July 15th marks the start of the 2019 XC Season for Great Oak High School. We want to celebrate this occasion with our 14th annual Time Trial at last year's location at Butterfield Stage Park! There are 3 races, the Freshmen Mile Race which is 1 mile and consists of all of our incoming 9th graders (top 4 finishers per gender qualify to Mammoth Camp). This year there will be a girl's race and then a boy's race for camp spots. The race is ~2.75 miles, and is the determining factor for spots at our Mammoth XC Camp from July 21– July 27. The top 16 boys & top 16 girls times from the time trial qualify to camp! We encourage all athletes, alumni, and parents to attend our time trial and be a part of the festivities! This season everyone makes the team, no standards (athletes will need to attend practice, work hard, and show effort to remain on the team). Please plan to stay the whole time and get to know the people that make Great Oak XC so amazing! There is plenty of parking up above the park. The closest restrooms are down the trail at Crowne Hill Park so plan accordingly.

Whatever time you arrive, check in with the PSG tent in the park.

Important Info	Practice Schedule	Time Schedule
Bring paperwork to PSG tent & make sure athletes come dressed ready to race! Running shoes, shorts, t-shirt is fine.	Paperwork & Attendance	6:15-6:45 am – Butterfield Stage Park (Basketball Court)
All athletes must have in a completed sports packet to race! You can turn it in at the time trial on the 15 th .	Coaches Introduction & race instructions	6:45 am
Athletes that are 10-12 need to run the Camp Time Trial. 9th graders can choose which one to run.	Girls 2.75 Mile Time Trial – Top 16 Qualify to Camp	6:55 am
Athletes that are 10-12 need to run the Camp Time Trial. 9th graders can choose which one to run.	Boys 2.75 Mile Time Trial – Top 16 Qualify to Camp	7:35 am
9th graders run the Freshmen race. Top 4 per gender qualify to Mammoth Camp!	Freshmen Mile Race	8:10 am
Please stick around for the popsicles and to meet the coaches, other parents, & alumni	Team Cool down & Team Meeting	8:20 am
Parents will be needed to help with the races.	Practice Ends - Please check the schedule online for Tuesday's practice location and time!	8:30-9:00 am



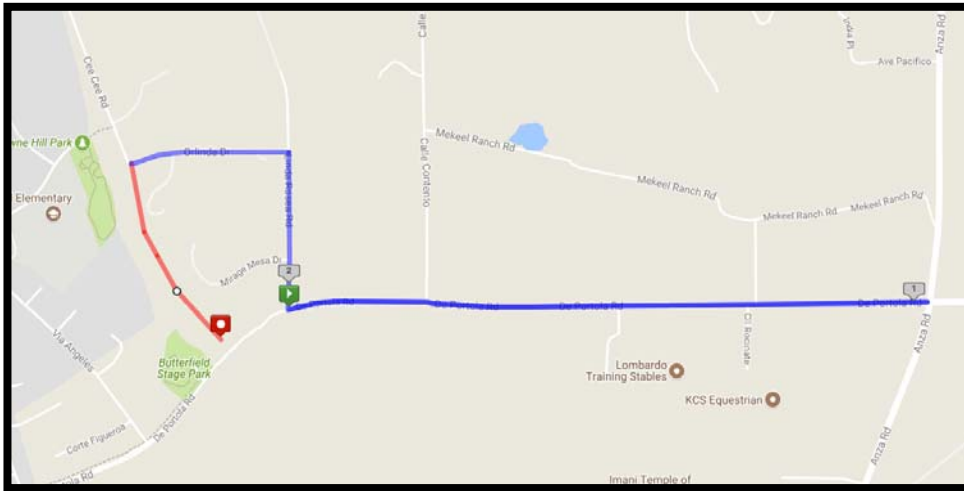
Great Oak High School Cross Country
 Coach Soles – Cell # 951-326-6992
 Email – dsoles@tvusd.k12.ca.us



Welcome Back Popsicles:

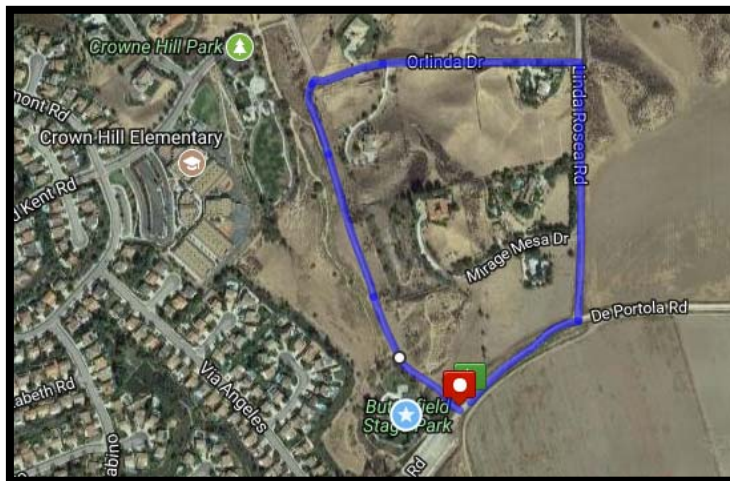
Upon the completion of races, there will be free popsicles for everyone to enjoy, as well as Gatorade and water! Please stick around and have a popsicle and get to know some of your teammates.

Race Courses



Camp Time Trial Course – 2.75 miles

Starts at the end of Linda Rosea Rd at the bottom of the hill, athletes run to Anza Rd and turn around at the cones. They run back towards the park area, but turn on Linda Rosea, then left on Orlanda Dr, and left on the trail back to the finish line.



Freshmen Race Course – 1 mile

Starts at beginning of De Portola Rd when it turns to dirt. Athletes go left up the hill at Linda Rosea, left at Orlanda Dr., and left on the trail back to the finish line (around where the start is). Course has up and down hills.

Questions? Please email Coach Soles - dsoles@tvusd.k12.ca.us



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