

BULLARD HIGH CROSS COUNTRY
TRIP ITINERARY
Valley Championships
Woodward Park

Schedule

Friday November 12, 2010

NO SCHOOL!

- 10:45 am** **Meet at North Parking lot**
- 11:00 am Depart Bullard High School (Bus will leave on time)
- 11:20 am Arrive Woodward Park
- 12:15 pm** **Reserves Warm-up (on course) and stretch**
All others **warm-up 45 minutes before race, be on line 20 minutes before race time.**
- 1:00 pm** **Reserve Race**
- 1:30 pm** **D 1 Varsity Boy's race**
Stephen Sanwo, Blake Billinger, Michael Quintana, Mattheus Wagner, Ben Perrault, Kevin Chavira, Shayon Falls
- 3:00 pm** **D 1 Varsity Girl's race**
Ali Teliha, Marisa Gonzalez, Nina Gaeta, Kelsey Baisch, Alyse Woesner, Lexi Sellick, Adrianna Jaramishian

Note:

Cool down after your race

Cheer on your team mates...Boys stay to cheer for Girls

- 4:00 pm** **Leave for BHS**
4:20 pm **Arrive at BHS**

BE SURE TO HAVE:

- **Uniform and sweats (clean)**
- **Running shoes**

State qualifying standards

Boys---- **Teams:** **Top 3** **Individuals:** **5 individuals** (must be in the top 14 overall)

Girls---- **Teams:** **Top 3** **Individuals:** **5 individuals** (must be in the top 14 overall)

Check out our web site: www.bhscctrack.com
Thanks to ARTCO, and Rod Silver