

Brooks/Fleet Feet Cross Country West Regional 2025

****Tentative Schedule****

Wednesday December 3rd

- 3:00pm Leave Jordan after school
- Stops for bathroom breaks and stretching
- 7:00pm Dinner St. George
- 9:00 pm Arrive at hotel and lights out Las Vegas
[Baymont by Wyndham Las Vegas South](#)
[55 E Robindale Rd Las Vegas, NV 89123, US](#)

Thursday December 4th

- Breakfast at Hotel
- Travel to Knott's Berry Farm
- 12:00 pm Lunch
- Knott's Berry Farm
- 6:00 pm Dinner
- Team Meeting
- 10:00 pm Lights out

Friday December 5th

- Complimentary breakfast at Hotel ([La Quinta Inn and Suites 3200 W Temple Ave Pomona, CA](#))
- 8:00am Pre-Meet on the course
- 10:00am Packet Pick up
- Travel to Beach [Balboa Pier Newport Beach](#)
- 12:00pm Lunch
- Beach
- 5:30 pm travel to hotel
- 6:30 pm Dinner
- 8:30pm Team Meeting
- 9:00pm Lights out

Saturday December 6th

- Breakfast
- 7:05am First Race [Mt. SAC XC Course - Walnut, CA](#)
- 10:50am Last Race
- Lunch 12:00 pm
- Head home 12:45 pm Pacific Time
- Arrive home 1:00 am Mountain Time

[RACE INFO HERE](#)

California Hotel

[La Quinta Inn and Suites 3200 W Temple Ave Pomona, CA](#)

Packing List

Required

- Form of identification(drivers license, student ID) Sometimes they require this for packet pick up.
- Headphones (must have for bus, no speaker noise)
- Running shoes/clothing (Spikes)
- Water Bottle
- Deodorant!!!!
- Change of clothes
- A good positive attitude

Optional

- Pjl.
- Charging cords
- Comfortable shoes for walking around.
- Sun block
- Frisbee, Football, etc...
- Hat
- Sunglasses
- Extra money
- Blanket/Pillow for the bus
- Books
- Homework
- Layers Jacket/Hoodie/Long sleeve (High of 68!!!! Low of 42) Will get cooler when the sun sets!
- Specific Snacks
- Medications (coaches can't give you any)