

UCSB GAUCHO MEET SHEET

FRIDAY NIGHT: TEAM DINNER—NEED GOAL SHEET TO GET IN. BRING PLATE, CUP AND SILVERWARE. Anticipated end is 6:30 to 7:00PM. Start time 5:00pm.

Friday night: Pack your meet bag and place it by the front door.

Saturday:

- 5:30am: Arrive and get on your bus. Roll will be taken on the appropriate bus
- 5:45am: Buses leave. Please display appropriate behavior and talk quietly with teammates.
- 6:30am: Arrive at UCSB and go immediately to team area and help set up
Visit bathroom if necessary, but do quickly.
- 7:00am: Segment the course. We will all meet at the starting line.
Veterans on own-full course, break into groups. Rookies do short course with Coach Dinkler. Coach Montes might help with veterans
- 7:45am: Girls' 3 mile course break off to finish warm up, get bibs and get to the starting line
- 8:00am: Girls' race 3 mile race starts
- 8:05am: Boys' race 3 mile course warm-up starts in groups
- 8:24am: All girls are finished and have started their cool down
- 8:30am: Boys' 3 mile racers at the starting line. (Have bibs and know start spot)
- 8:30am: Girls' short course girls begin warm up in groups
- 8:35am: Boys' 3 mile race starts
- 8:45am: Girls' 3 mile racers are spread out on the course and cheering on the boys
- 8:57am: All 3 mile course boys are finished & have started their cool down
- 9:00am: Boys' short course begin warm up in groups
- 9:00am: Short course girls report to the starting line
- 9:05am: Girls' short course starts
- 9:20am: Girls' short course girls are finished & have started their cool down
- 9:27am: Boys' 3 mile course racers are spread out on the course and cheering
- 9:30am: Short course boys report to starting line
- 9:35am: Short course boys start last race of the day
- 9:50am: Boys' short course is done and everyone is at the finish line. Varsity boys and girls and anyone else that wants to cools down to the pier and back.
Rest of the team does a full revolution around the lagoon for cool down
- 11:00am: Clean up team area, load the bus and leave for home
- 12:00 noon: Should be back at FTHS by that time.

Sunday:

AM: Get out for a shake out run

Results from last year: Sep 1, 2018 - UCSB Gaucho XC - [RESULTS](#)

Tentative Schedule for Next Week:

- Monday: Morning run at 8am at Patagonia-Swimming to follow
- Tuesday: Hills or pace depending on group
- Wednesday: Hills or pace depending on group
- Thursday: Pre-Meet
- Friday: Cool Breeze Race for some
- Saturday: Sycamore for some, San Pedro for others
- Sunday: Shake out run for everyone or rest day