

Woodbridge Trip Itinerary

Thursday

- 6:30 - AM. Meet at HHS Room 5 for 30 minute shake out run.
- 7:00 - AM. Shower, Breakfast
- 8:00 - AM. Load vans, Depart HHS
- 11:30 - Lunch stop, Bakersfield
- 3:00 - Arrive Big Bear, Check into cabins (Boys 245 San Anselmo Dr, Big Bear City. Girls 337 Grenfall Lane, Big Bear City, CA, 92314
- 3:30 - Easy Shake out run, dip in lake
- 4:30 - Mandatory Homework / Study / Read time
- 6:15 - Dinner
- 7:00 - Social time with Big Bear HS CC team.
- 10:00 - Lights out.

Friday

- 8:00 AM - Morning shake out run.
- 8:30 AM - Breakfast
- 9:30 AM - Homework / Study / Read
- 11:00 AM - 2:00 Recreation in Big Bear, Lunch
- 2:00 - 4:00 Rest in cabin, nap, mentally Prepare.
- 4:30 - Depart for meet.
- 6:30 - Arrive Silver Lake Sports Park
- 8:28 - Varsity Girls Race
- 9:16 - Varsity Boys Race
- 12:00 - Arrive at Cabin

Saturday

- 8:00 AM Wake Up
- 8:30 AM 1 hour run with members of Big Bear HS team.
- 10:00 AM Shower, Pack
- 10:30 AM Depart Big Bear
- 1:00 Lunch stop
- 4:30-5:00 PM Arrive HHS