

The Twilight Invitational

Temperature is supposed to be 75 to 80 degrees. Hydrate!

11:30am	Dress in meet gear at lunch
11:45am	Make sure to eat a nutritious and delicious lunch!
1:50pm	Leave class and go straight to the bus
2:05pm	Bus leaves for Lake Casitas
2:50pm	Bus arrives at the boat ramp
3:00pm	Set up team area under shade covers by the grass
3:10pm	Run from the team area down the trail past the start and do the whole first loop. Turn right and run through the finish area to the team area.
3:30pm:	Get chips and bibs properly secured. Veterans teach rookies
3:40pm	Boys' 1.9 racers warm up with appropriate group
4:10pm	Boys' 1.9 at the start, practicing the correct starts
4:15pm	Boys' 1.9 starts
4:15pm	Girls' 1.9 warm starts in appropriate groups
4:30pm	All boys 1.9 finished and have started the cool down. Jog to past team area, down the trail to the dip and do a reverse lap loop back to team area to stretch. Make sure to turn in chip before leaving chute area
4:30pm	Girls' 1.9 reports to the start line
4:35pm	Girls' 1.9 starts
4:38pm	After Girls' 1.9 passes the team area, boys 3.0 starts warm up in appropriate groups
4:55pm	Boys' 3.0 reports to the starting line
4:55pm	All girls' 1.9 have finished and have started group cool down
5:00pm	Boys' 3.0 starts
5:08pm	After Boys 3.0 passes team area, Girls 3.0 starts warm up
5:25pm	All Boys' 3.0 have finished race and have started cool down
5:30pm	Girls' 3.0 report to starting line
5:35pm	Girls' 3.0 starts
6:05pm	All girls 3.0 have finished and the whole team is at the finish line
6:10pm	Full team does reverse course from the finish line area. On the way, you pick up cones, flags, etc and put outside the shed to organize.
6:45pm	Goal is to have all equipment turned in and shed straightened up
7:00pm	Bus is scheduled to leave for FTTHS
7:30pm	Arrive back at FTTHS

Flyover of course: <https://www.youtube.com/watch?v=PhIoRftju8g&index=19&list=PLKYXiqAHWASjAZyQIIUBUq7JVd0QYU-FL>

Tentative practice schedule for next week

Thursday:	Recovery for majority of team.
Friday:	Clovis people leave after 2 nd period. Rest of team practices to be determined
Saturday:	Clovis race. Other folks run on their own at San Pedro
Sunday:	Run on own or rest
Monday:	Hill/Pace day
Tuesday:	Hill/Pace day
Wednesday:	Recovery day
Thursday:	Tempo workout at VC for some--Premeet for DPI folks
Friday:	Long run for Clovis folks. DPI for others
Saturday:	Sycamore run for some, Ventura Marathon help for everyone

Sunday: Help with Aid stations at Ventura Marathon