

## TCAA League #2 at Elkins Ranch Golf Course

|         |                                                                                                                                                          |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:30am | Dress for meet at lunch time                                                                                                                             |
| 2:00pm  | Load up the bus                                                                                                                                          |
| 2:10pm  | Leave for Elkins Ranch. It is important we leave by this time                                                                                            |
| 2:50pm  | Arrive at Elkins Ranch                                                                                                                                   |
| 3:00pm  | Run a section of the Elkins course course. Will do the course to the hill, and then pick up the course on the other side of the hill through the finish. |
| 3:30pm  | JV boys start warm up                                                                                                                                    |
| 3:55pm  | JV boys report to starting line                                                                                                                          |
| 4:00pm  | JV boys start race                                                                                                                                       |
| 4:00pm  | Varsity girls start warm up                                                                                                                              |
| 4:20pm  | All JV boys finished with race and do cool down<br>Then get back out on the course to help teammates                                                     |
| 4:25pm  | Varsity girls report to starting line                                                                                                                    |
| 4:25pm  | Varsity boys start warm up                                                                                                                               |
| 4:30pm  | Varsity girls start race. Get out quickly and then ride the wave                                                                                         |
| 4:55pm  | All varsity girls done and start cool down. Then get out on course and help cheer on teammates. Be loud and proud!                                       |
| 4:55pm  | Varsity boys report to starting line                                                                                                                     |
| 5:00pm  | Varsity boys start race. Get out well and then control race from in front.                                                                               |
| 5:00pm  | JV girls start warm up                                                                                                                                   |
| 5:18pm  | All varsity boys done and start cool down. Then back out on the course.                                                                                  |
| 5:25pm  | JV girls report to the starting line                                                                                                                     |
| 5:30pm  | JV girls start race                                                                                                                                      |
| 5:27pm  | All JV girls done and entire team at the finish line                                                                                                     |
| 5:30pm  | Team cool down                                                                                                                                           |
| 6:15pm  | Finished Team cool down, stretching and core.                                                                                                            |
| 6:30pm: | May have pizza afterwards. Will see                                                                                                                      |
| 7:20pm  | Goal time for return to FTHS                                                                                                                             |

### Planned schedule for next week

|            |                                                    |
|------------|----------------------------------------------------|
| Saturday:  | Will go to Sycamore at 7am if we have enough rides |
| Monday:    | Hills and Pace                                     |
| Tuesday:   | Hills and Pace. Some will go to Casitas to do pace |
| Wednesday: | Recovery                                           |
| Thursday:  | Tempo                                              |
| Friday:    | Pre race                                           |
| Saturday:  | City of Angels/Ventura Marathon                    |
| Sunday:    | Ventura marathon                                   |