



**Foot Locker®**

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## **CROSS COUNTRY CHAMPIONSHIPS**

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### ***FINAL REMINDERS:***

- Load the bus at 5:55am  
Leave at 6:00am, Thursday, Nov 29<sup>th</sup>, Meet at the front of CCHS
- Bring ID for Packet-pickup on Friday
- Bring money for 4 lunches and 3 dinners
- There will be assigned seats on the charter bus. Please be respectful of all of the coaches and adults from each of the teams. No instruments. No portable speakers on the bus, use headphones for music.
- Please be respectful at the hotel. We share the hotel with other guests. We should try our best to be quiet in the halls and quiet during the evening hours. No boys in girls rooms and vice versa.
- If an athlete is not following being respectful on the bus or in the hotel they can lose their privilege of going to Disneyland.

### ***General list of what to bring:***

- wallet with ID and money for food/activities
- phone, phone charger
- toiletries
- racing spikes
- 2-3 changes of regular clothes (expected warmer weather)
- 3 changes of running clothes (includes race day uniform & short)
- 1 change of warmups (long running pants/jacket)
  - \*a jacket is a must for Saturday evening at Disneyland, it gets chilly
- Swimsuit for Saturday for the beach (optional)
- Water bottle & Snacks for the bus ride (optional)

# FOOTLOCKER CROSS COUNTRY TRIP

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## FINAL ITINERARY

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THURSDAY, NOVEMBER 29TH – SUNDAY, DECEMBER 2ND, 2018

DAY 1

THURSDAY, NOVEMBER 29<sup>TH</sup>

*TRAVEL DAY*

- Have your bags packed and ready to board the charter buses at 6:00am
  - Wear running clothes to save time at our first stop in St. George. Eat breakfast before you leave or bring some food for the bus ride.
    - 11:00am – Short Run in St. George. 40min easy recovery run with 4 long strides  
(Destination – Crosby Family Confluence Park, 2099 S Convention Center Dr. St George)
    - 12:00pm – Lunch in St. George.  
(Destination – Promenade at Red Cliffs off of exit 8)
    - 12:45pm – Depart and continue to California
    - 2:45pm PST – Bathroom stop in Bakers, CA
    - 3:15pm – Depart and continue to Hotel
    - 6:00pm – Arrive at Hotel and Check-In  
(Destination – Holiday Inn West Covina, 3223 East Garvey Ave North, West Covina, CA)
    - 6:30pm – Dinner options near the hotel (Eastland Center)
    - 9:30pm – Room Checks by Chaperones
- \*Athletes must be quiet for the remainder of the night to respect the other hotel guests.**

**DAY 2**FRIDAY, NOVEMBER 30<sup>TH</sup>**BEACH DAY / RACE COURSE PREVIEW**

- Be dressed for the beach at the start of the day.
- Bring running clothes and PHOTO ID for later in the day.

6:00 – 8:00am – Continental Breakfast available

8:30am – Meet in front of the lobby for the buses. Travel to Newport Beach

9:45am – Arrive at Newport Beach.

(Destination – Peninsula Park, 100 Main St, Newport Beach, CA 92661)

12:00pm – Lunch in the area near the Beach

1:30pm – Meet in the Parking area for the buses. Travel to the Course

2:30pm – Arrive at Mt. San Antonio College. Packet Pick-up (Race Numbers & Shirt)

3:00pm – Run the race course

4:00pm – Meet near the starting area. Travel back to the Hotel

6:00pm – Pre Race Meal - Catered Olive Garden Dinner. Brought to the Hotel

9:30pm – Room Checks by Chaperones

**\*Athletes must be quiet for the remainder of the night to respect the other hotel guests.**

**DAY 3**SATURDAY, DECEMBER 1<sup>ST</sup>**RACE DAY / ACTIVITY**

- Have your racing clothes and bib number ready to go before getting breakfast.

6:00 – 6:10am – Breakfast for Freshman, Sophomores & Coaches.

Meet in the front of the Lobby at 6:15am (Appx 10min Drive – 6:15-6:25am)

6:00 – 7:10am – Breakfast for all remaining athletes.

Meet in the front of the Lobby at 7:15am (Appx 10min Drive – 7:15-7:25am)

**RACE SCHEUDLE**

7:00	Open Race	9:15	Senior Boys
7:15	Freshman Boys	9:35	Senior Girls
7:35	Freshman Girls	10:15	Seeded Girls
7:55	Sophomore Boys	10:55	Seeded Boys
8:15	Sophomore Girls	11:15	First Bus back to the Hotel
8:35	Junior Boys	11:45-12:30	– Championship Awards
8:55	Junior Girls	12:45	Final Bus back to the Hotel

11:15am or 12:45pm – Meet at the large parking lot. Travel back to the Hotel.

11:30pm – 1:30pm – Shower / Nap / Lunch in the area of the Hotel.  
1:30pm – Meet in front of the lobby for the buses. Depart to Disneyland  
(\*bring a jacket for the evening)

# Disneyland Park

DISNEYLAND TIME (7 HOURS) – 2:15pm – 9:15pm

9:30pm – Pick up time to return to the hotel

10:15pm – Room Checks by Chaperones

**\*Athletes must be quiet for the remainder of the night to respect the other hotel guests.**

DAY 4

SUNDAY, DECEMBER 2<sup>ND</sup>

TRAVEL DAY

- Have your bags packed, rooms cleared and clean, then head down for breakfast.

6:30am – Load Bags onto the Bus

6:30am – 7:00am – Breakfast

7:00am – Depart to Utah

10:15am – Bathroom/ Food stop in Bakers, CA

10:45am – Depart and continue to Utah

2:45pm MST – Bathroom/ Food stop in St. George, UT

3:15pm – Depart and continue

6:30pm – Estimated return time for Provo

7:00pm – Estimated return time for Corner Canyon, Lehi, & Riverton