

# FOOTLOCKER XC TRIP

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**THURSDAY, DECEMBER 3<sup>RD</sup> – SUNDAY, DECEMBER 6<sup>TH</sup>, 2015**

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**COST:** the total cost is \$360.

This covers the Transportation (Charter Bus Service), Hotel, and Disneyland ticket  
Athletes will need to plan on bringing Food Money for 4 dinners, 4 lunches and snacks.

## **DUE DATES:**

**Wednesday, October 14<sup>th</sup>** - \$50 Deposit Due

**Friday, October 23<sup>rd</sup>** – Insurance Paper Work Due (2 Notarized forms + 2 Photo-copied ID Cards)

**Friday, October 30<sup>th</sup>** – Remaining total is due (see website link for remaining amounts)

**Monday, November 16<sup>th</sup>** – Early registration deadline for the races

ATHLETES MUST REGISTER FOR THE RACE ON THEIR OWN @ FOOTLOCKERCC.COM/WEST

## **Thursday - December 3, 2015 (TRAVEL)**

<u>6:00am</u>	<u>Depart</u> from the front of the school
10:30/11am	Stop in St. George (Bathroom) 30min Run on the trail pathway
12:00	Lunch in St. George
<u>12:30pm</u>	<u>Be Back on the Bus</u>
3:30pm	Small Stop in Baker, CA (Bathroom/Snacks)
6:30pm	Arrive in West Covina, CA Check into the Hotel Places for Dinner and Groceries nearby
9:30pm	Athletes must be in their rooms and quiet

## **Friday - December 4, 2015 (REGISTRATION/COURSE/BEACH)**

6:00am-8:00am	Breakfast
<u>8:15am</u>	<u>Bus</u> to Footlocker Course @ Mt. San Antonio College (bring running & beach clothes, and registration)
8:30am -9:30am	Jog the entire race course Stretch on the field near packet pick-up
10:00am	Packet Pickup
<u>10:45am-12:00pm</u>	<u>Bus</u> to Newport Beach Lunch Beach Time
<u>4:00pm-6:00pm</u>	<u>Bus</u> back to the Hotel Places for Dinner and Groceries nearby
9:30pm	Athletes must be in their rooms and quiet

## **Saturday - December 5, 2015 (RACE/DISNEYLAND)**

6:00am-6:25am Breakfast (Ready with your Race Gear, Bib #, etc)  
6:30am Bus to Footlocker Course @ Mt. San Antonio College

### **RACE SCHEDULE: (5K COURSE)**

7:30am Freshman Boy  
7:37am Freshman Girl  
7:52am Sophomore Boy 1  
7:59am Sophomore Girl  
8:14am Sophomore Boy 2  
8:24am Junior Girl  
8:39am Junior Boy 1  
8:46am Senior Girl  
9:01am Junior Boy 2  
9:16am Senior Boy  
9:50am Seeded Girls  
10:30am Seeded Boys

11:15am Bus back to the Hotel  
11:30am-2:15pm Lunch, Shower, Nap, etc

2:30pm Bus to Disneyland

4:00pm-11:45pm Disneyland  
Midnight Bus back to the Hotel  
Athletes must be in their rooms and quiet as soon as we get back to the hotel

## **Saturday - December 5, 2015 (TRAVEL)**

6:00am-9:00am Breakfast  
(Be ready with all of your bags packed and room cleaned)

Around 9:00am Depart for Utah as early as it is safe and legal for the driver to drive

12:30pm Stop in Baker, CA  
(Bathroom, Snacks, Lunch)

1:00pm Be Back on the Bus

4:30pm Stop in St. George  
(Bathroom, Early Dinner)

5:15pm Be Back on the Bus

9:30pm -10:00pm Arrive home in Draper (Estimated Time)