



THURSDAY, DECEMBER 1ST – SUNDAY, DECEMBER 4TH, 2016

Footlocker is the regional cross-country meet for the western United States. It is an exciting meet that allows the student/athlete to not only compete for their high school but also for the State of Utah. They have grade division races as well as an elite race for both boys and girls. The top ten finishers in the elite races qualify for an all-expense paid trip to the National Cross Country Championships in San Diego, California on December 10th

COST: \$300

TRAVEL: TRAVEL WILL BE DONE THROUGH LEBUS CHARTER SERVICES

CHAPERONES: COACHES & PARENTS WILL ACT AS CHAPERONES FOR THE TRIP TO THE EXTENT THAT WE HAVE ONE CHAPERONE TO EVERY 10 ATHLETES.

DAY 1

Thursday December 1st – TRAVEL DAY

- Have your bags packed and ready to board the charter buses at your pick up time.
- Wear running clothes to save time at our first stop in St. George.

6:00am – Pick up at Corner Canyon & Riverton

6:30am – Pick up at Westlake & Lehi

11:00am – Short Run in St. George.

(Destination – Crosby Family Confluence Park, 2099 S Convention Center Dr. St George, UT)

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 Avenue 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 the guests.

DAY 2

Friday December 2nd – BEACH DAY & 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 - Breakfast

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

9:45am – Arrive at the 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 – **Catered Olive Garden Dinner. Cost is \$5 per person (Make sure to bring \$5)**

9:30pm – Room Checks by Chaperones

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

DAY 3

Saturday December 3rd – RACE DAY & SIX FLAGS

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

6:00 – 6:10am – Breakfast for Freshman & Coaches. Depart as soon as possible.

6:00 – 6:30am – Breakfast for all remaining athletes

6:45am – Meet in front of the lobby for the buses. Travel to the Course

RACE SCHEUDLE

7:10 Open Race

7:30 Freshman Boys

7:37 Freshman Girls

7:52 Sophomore Boys 1

7:59 Sophomore Girls

8:14 Sophomore Boys 2

8:24 Junior Girls

8:39 Junior Boys 1

8:46 Senior Girls

9:01 Junior Boys 2

9:16 Senior Boys

9:50 Seeded Girls

10:30 Seeded Boys

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

11:30pm – Shower / Nap / Lunch in the area of the Hotel.

1:30pm – Meet in front of the lobby for the buses. Travel to Six Flags

2:45pm – Arrive at Six Flags

(Destination - Six Flags Magic Mountain, 26101 Magic Mountain Parkway, Valencia, CA)

9:00pm – Park Closes. Gather to the Buses. Travel to the Hotel

10:30pm – Room Checks by Chaperones

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

DAY 4

Sunday December 4th – TRAVEL DAY

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

6:00 – 8:00am – Breakfast

8:30am – Meet at the front of the lobby with your bags. Depart to Utah

11:15am – Bathroom/ Food stop in Bakers, CA

11:45am – Depart and continue to Utah

3:45pm MST – Bathroom/ Food stop in St. George, UT

4:15pm – Depart and continue

8:30pm – Estimated return time for Lehi & Westlake

9:00pm – Estimated return time for Corner Canyon & Riverton