

Crescenta Valley Distance Meet Sheet

This document represents both the order of events for our distance only meet at Crescenta Valley High School and a list of which events Saugus athletes will compete in. This is our first meet of 2020 so the meet will provide athletes with experience on how a meet runs, the order of events, when to warm up, when to cool down, etc...all things which ATHLETES are responsible for knowing.

WHERE: Crescenta Valley High School.

2900 Community Ave
La Crescenta, CA 91214

WHEN: Saturday 2/22: First event begins at 9:00am. **Please arrive for your event two hours before it begins (but no earlier than 8:00am).**

TRANSPORTATION: You must provide your own transportation (parents) to and from this meet. If your parents cannot take you, please speak to one of the coaches ASAP so that we can get your transported with one of the district approved drivers (cleared coaches and parents).

WHAT TO BRING: Bring your training shoes, spikes (3/16 pyramid only), warm-ups, uniform (XC uniform is okay), a set of dry clothes (it is going to rain) and a willingness to compete!

AWARDS: The top five finishers of each race will be awarded medals.

ORDER OF EVENTS: There is no time schedule. It is a rolling schedule with the first race beginning at 9:00am.

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| 9:00am | 1600m | Open |
| 9:10am | 3200m Boys Frosh-Soph | J. Fredericks, Vail, Dion, C. Martinez, Canham, Plaza |
| 9:45am | 3200m Girls | B. Duarte, H. Fredericks, Rutter, Ortega, Velasco, Hilario, Wiener, Blickhan, Fineberg, Kaufmann |
| 10:10am | 3200m Boys Varsity | Gallardo, Bautista, Carrillo-Gonzalez, Palominos, Garrett |
| 10:30am | 800m Boys Frosh-Soph | Silva |
| 10:45am | 800m Girls | D. Salcedo, Sanchez, Molina, Cazar, Van Aken, G. Salcedo, Barton |
| 11:00am | 800m Boys Varsity | Wadkins, C. Cruz, I. Duarte, Currie, Fatta, Rogel |
| 11:15am | 1600m Boys Frosh-Soph | Cunningham, Velikorodnyy, J. Fredericks, Ureta, Vail, Plaza, Canham, An, Srikanth, C. Martinez, Takishita, M. Khoo, Regalado, Beristain-Fernandez, Zamora, Opahasenko |
| 11:50am | 1600m Girls | B. Duarte, H. Fredericks, Rutter, J. Pearson, Ortega, Velasco, Hilario, White, Kaufmann, Blickhan, Schepper, Del Rio, Rodriguez, Berns, Krouzian, Jones, Prociuk, Bendrat, Bryant, Thompson, M. Perez, Leatherberry, Monreal, J. Perez, Rawlins, Valtierra, Villegas, Dugan |
| 12:45pm | 1600m Boys Varsity | Serrano, Lentz, Bulanadi, Estrada, J. Khoo, Huynh, Bautista, Carrillo-Gonzalez, Garrett, Palominos, Ricard, Swift, Marquez, Zelch, Phillips |
| 1:05pm | 4x400m Relay BFS | Silva, Cunningham, Velikorodnyy, J. Fredericks (alternates: Ureta, An) |
| 1:25pm | 4x400m Relay Girls | D. Salcedo, Sanchez, Molina, Cazar, Van Aken, G. Salcedo, Barton, B. Duarte, Rutter, J. Pearson, White, Berns, J. Perez, Villegas, Dugan, Krouzian (alternates: Fredericks, Velasco) – 4-teams |
| 1:45pm | 4x400m Relay Boys Varsity | Serrano, Lentz, Bulanadi, Estrada, J. Khoo, Huynh, Wadkins, C. Cruz, I. Duarte, Currie, Gallardo, Ricard (alternates: Carrillo-Gonzalez, Zelch) – 3-teams |



WARM-UP AND COOL-DOWN: Remember that you are responsible for your warm-up and cool-down based on what time your race is scheduled to begin: 1) Warm-up jog, 2) active stretching, 3) warm-up drills and 4) 4-6xstrides

| FIRST RACE WARM-UP AND COOL-DOWN | 1 ST RACE CD | FINAL COOL-DOWN |
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| Varsity/ Los Locos – Begin 50-min before your race: 20min warm-up; | 10-min cool-down | Varies (20+min) |
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| Group 2 – Begin 45-min before your race: 15min warm-up; | 10-min cool-down | 15-min |
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| Rookies – Begin 40-min before your race: 12min warm-up; | 8-min cool-down | 8-min |
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SECOND RACE WARM-UP

Varsity/ Los Locos – Begin 30-min before your race: 10-min warm-up

Group 2 – Begin 30-min before your race: 10-min warm-up

Rookies – Begin 30-min before your race: 8-min warm-up