

Don Green Invitational Meet Information:

The season is underway and we travel to Moorpark HS this week. I want most of you to run two events to get ready for what you will need to do in league. This is always a fun meet with fast times. Below is the essential meet information. Our top marks list is on the back. Check it out and set a goal of improving your times.

WHERE:

Moorpark HS
4500 Tierra Rejada Road
Moorpark, CA 93021

WHEN:

Friday 3/6 (distance team only; taking busses) – **MEET IN FRONT OF THE SCHOOL AT 12:50PM FOR DEPARTURE**

ADMISSION:

Athletes (free), Adults/ students (\$8), Children 5-13 (\$5), Children under 4 (free)

SPIKES:

3/16 only

FRIDAY SCHEDULE:

3:35	JS Girls 1600m	Blickhan, Van Aken, Schepper, Kaufmann, Salinas, Molina, G. Salcedo, Bryant
3:55	JS Boys 1600m	Estrada, J. Khoo, Bulanadi, Huynh, Lentz, Nilson, Zelch, Bautista, Fatta, Ricard, Garrett, Swift, Cruz, Currie, Duarte
4:20	FS Girls 1600m	Hilario, Krouzian, Del Rio, Fineberg, Rodriguez, Rawlins, Leatherberry, Valtierra, Wiener
4:55	FS Boys 1600m	Fredericks, Dion, Cunningham, Vail, An, Srikanth, M. Khoo, Canham, Mularkey, Beristain-Fernandez, Ureta, Silva
5:35	Girls Invitational 1600m	Pearson
5:45	Boys Invitational 1600m	Serrano, Gallardo
6:00	FS Girls DMR	Duarte, Cazar, Barton, Bendrat
6:15	FS Boys DMR	
6:30	JS Girls DMR	Fredericks, Sanchez, D. Salcedo, Pearson
6:45	JS Boys DMR	
7:00	JS Girls 3200m	Procuik
7:15	JS Boys 3200m	Carillo-Gonzalez, Palominos, Phillips
7:30	FS Girls 800m	Hilario, Krouzian, Del Rio, Fineberg, Bendrat, Rodriguez, Leatherberry, Valtierra, Monreal, Cazar, Barton
7:30	FS Boys 800m	Fredericks, Dion, Cunningham, Velikodnyy, Vail, An, Srikanth, M. Khoo, Canham, Mularkey, Beristain-Fernandez, Ureta, Silva
8:00	JS Girls 800m	Procuik, Van Aken, Schepper, Kaufmann, Salinas, Berns, Molina, G. Salcedo, Bryant
8:15	JS Boys 800m	Gallardo, Estrada, J. Khoo, Bulanadi, Huynh, Lentz, Nilson, Carillo-Gonzalez, Palominos, Zelch, Bautista, Ricard, Phillips, Garrett, Swift, Cruz, Currie
8:30	Girls Invitational 800m	D. Salcedo
8:35	Boys Invitational 800m	Wadkins, Serrano
8:40	Girls Invitational 3200m	Fredericks, Duarte
8:55	Boys Invitational 3200m	

SATURDAY PRACTICE: We can't get better if we are taking Saturdays and Sundays off.

Therefore, we are running a distance run at **Lowes 7am this Saturday 3/7**. Get your body there! You aren't serious about running faster if you are not practicing on Saturdays.

BREAKFAST RUN FOR BOYS: Bring money Saturday for a breakfast run. We will run long with the run concluding at a restaurant. This is for people who run long...No 24min and eat! More like 80min and eat!

WHAT TO BRING?

- Spikes (to race in); Trainers (to warm-up and cool-down in)
- Warm-ups and warm clothes
- A blanket or towel to sit on
- Food (your lunch, dinner+ snacks); water/ sport drink
- Homework to do in between your races
- Money (if you want to buy food or souvenirs like meet t-shirts)



TRANSPORTATION:

Friday: We are taking busses to this meet. It is a minimum day this Friday. Please eat lunch on your own and be back at school at 12:50pm for a 1:00pm departure. That means you need to bring dinner with you too.

Saturday: We have practice @ Lowes 7am! Be there.