

August 26, 2011 - Run on the Green @ Woodland High School, Woodland

<u><i>Time</i></u>	<u><i>Event</i></u>	<u><i>Athletes</i></u>	<u><i>Warm-up</i></u>
5:00	Middle School Girls & Boys Run		
5:10*	Men & Women Coaches & Community Run		
5:40*	Frosh/Soph Boys	Durst, Garcia, Hearne, Johansson, Lee, Lu, Lyons, Marimuthu, Natt & Sahota	4:50
6:00*	Frosh/Soph Girls	Boccio, Colwell, Gomez, Gurusiddaiah, Kakarla, A. Villanueva, Warren & Watson	Men & Women Coaches & Community Run
6:30*	Varsity Boys (Runner 4+)	Durflinger, Kless, Nacionales & Warzyniak	Frosh/Soph Boys
6:50*	Varsity Girls (Runner 4+)		
7:15*	Varsity Elite Boys (Runners 1, 2 & 3)	Ainslie, Henry & Pryor	Varsity Boys (Runner 4+)
7:30*	Varsity Elite Girls (Runners 1, 2 & 3)	LeQuin & H. Villanueva	Varsity Girls (Runner 4+)

* - All times after 5:00 are approximations.

- Last stop for the bathroom is 15 minutes BEFORE you start warming up. There is not an official schedule so pay attention to what is going on.
- All warm-ups are to begin at the stated time or when the stated race begins. For example, the Frosh/Soph Girls will start warming up with the Men & Women Coaches & Community Run begins.
- All warm-up runs are for 15 minutes and to be done in their pace groups (Group 1 runs with Group 1, Group 2 with Group 2, etc.). However, the drills are to be done as a team.
- Be at the starting line 15 minutes before the race begins. You will have to guesstimate this as there is not an official time schedule so pay attention to what is going on.
- All cool-down runs are for 20 minutes and are to be done in their groups with the exception of the Varsity Elite Girls who will not do a cool-down.
- Get on the bus immediately after the Varsity Elite Girls race.
- Good luck and go Gaels!