

RACING SCHEDULE:

There are 5 types of meets that we will be participating in:

- * **All-Comer's Meets** (all are welcome to participate, usually a \$5 cost, on Saturdays)
- * **Moore League Meets** (all are expected to participate, on either Thursdays or the occasional Tuesday. League Prelims/Finals on a Wed./Fri.)
- * **Invitationals (for all runners**, on Fridays or Saturdays, include individual and relay events)
- * **Invitationals (for selected runners**, on Fridays or Saturdays, must be selected to participate based on entry restrictions as per the meet)
- * **Post-Season** (for varsity runners who qualify based on performances)

ALL-COMER'S:

- Saturday, December 10 - CSULB
- Saturday, January 14 - Gahr High School
- Saturday, January 28 - Compton College
- Saturday, February 11 - Cerritos College

MOORE LEAGUE MEETS: (first race begins at 3:00 PM and will usually end by 6:00 PM)

- Thursday, March 22 - Cabrillo (hosted by Cabrillo)
- Thursday, March 29 - Lakewood (hosted by Poly)
- Thursday, April 5 - Wilson (hosted by Wilson)
- Thursday, April 19 - Jordan/Compton (hosted by Poly)
- Tuesday, April 24 - Millikan (hosted by Millikan)
- Wednesday, May 2 - League Prelims at LBCC's Vet's Stadium (hosted by Poly)
- Friday, May 4 - League Finals at LBCC's Vet's Stadium (hosted by Poly)

INVITATIONALS (all runners):

- Saturday, March 24 - Azusa Meet of Champions (Azusa Pacific University)
- Saturday, April 7 - Irvine Distance Carnival (Irvine H.S.)

INVITATIONALS (selected runners, we will try to enter as many runners as we can):

- Saturday, March 3 - Icebreaker Relays (Compton College)
- Friday, March 16 - Redondo Invitational (Redondo H.S.), night meet
- Saturday, March 17 - Redondo Invitational (Redondo H.S.)
- Friday, March 30 - Trabuco Hills Invitational (Trabuco H.S.), night meet
- Saturday, March 31 - Trabuco Hills Invitational (Trabuco H.S.)
- Friday, April 6 - Arcadia Invitational (Arcadia H.S.), night meet
- Saturday, April 7 - Arcadia Invitational (Arcadia H.S.)
- Friday, April 20 - Mt. SAC Relays (Mt. SAC), night meet
- Saturday, April 21 - Mt. SAC Relays (Mt. SAC)

POST-SEASON (Varsity athletes only):

- Saturday, May 12 - CIF Prelims (hosted by Trabuco Hills H.S.)
- Saturday, May 19 - CIF Finals (hosted by Mt. SAC)
- Friday, May 25 - CIF Masters (hosted by Cerritos College)
- Friday/Saturday, June 1/2 - State Championships (hosted by Buchanan H.S. in Fresno)

FREQUENTLY ASKED QUESTIONS: (we probably missed some questions, if we did, please ask one of the coaches)

Q: Does everyone run in every meet?

A: No, everyone will run in the league races (6 meets) as well as at least 2 invitationals. Certain selected runners will run in up to 5 more meets (not including the post-season)

Q: What is the uniform for track?

A: The same as the one we used for XC this past fall (the NIKE uniform)

Q: What type of racing shoes do student-athletes need?

A: That is up to the runner. You may use your training shoe, a xc racing shoe (no spikes), or try spikes. Feel free to ask a coach for recommendations if you wish to go the xc racing or spikes route. Bottom line, what ever you feel most comfortable racing in.

Q: What divisions are there for the meets?

A: Depends on the type of meet:

- All Comer's: By gender
- League Meets: Boys will have F/S, JV, and VARSITY while Girls will have JV and VARSITY. All non-varsity girls will race in the JV races.
- League Prelims/Finals: F/S (9th and 10th), JV (11th and 12th), and VARSITY (selected) for both boys and girls
- Invitationals: Depends on the meet, usually a lower level race (F/S) as well as Open (all grades), and Elite

(selected qualifiers) divisions. Some races will be based on entry time and will be regardless of grade
- Post-Season: Varsity only

Q: How many different events will a student-athlete run at a meet?

A: Again, depends on the meet. For the league races, expect to run between 1 and 3 events. For the invitationals it will be either 1 or 2 events.

Q: What events can student-athletes run?

A: We will be coaching athletes who will be focusing on the distance events (800,1600,3200 meter races). Our runners will occasionally run a 400 meter race (as part of a relay). If you train with our group expect to run any and all of these events.

Q: What will it take to compete at the Varsity Level?

A: Girls who run faster than 2:26 (for the 800m), 5:30 (for the 1600m), or 12:15 (for the 3200m) will have the opportunity to compete at the varsity level at League Finals.

Q: When will we know who will be racing at the Invitationals?

A: As soon as the meet directors let us know how many entries we are allowed to have and also based on performances at practice and in early season races.