



# 2023 Camp Time Trials

July 17th marks the start of the 2023 XC Season for Great Oak High School. We want to celebrate this occasion with our Time Trials at the Butterfield Stage Park! There are 3 races, the Freshmen Mile Race which is 1 mile and consists of all of our incoming 9<sup>th</sup> graders and New Runners (up to the top 4 finishers per gender qualify to Mammoth Camp), and this year there will be an upperclassmen girls' race and then an upperclassmen boys' race for camp spots. The longer race is ~2.75 miles, and is the determining factor for spots at our Mammoth XC Camp from July 16-July 23. Up to the top 16 boys & top 16 girls from the time trials will qualify to go to Mammoth Camp! We encourage all athletes, alumni, and parents to attend our time trial and be a part of the festivities! This season everyone makes the team, no standards (athletes will need to attend practice, work hard, and show effort to remain on the team). Please plan to stay the whole time and get to know the people that make Great Oak XC so amazing! There is plenty of parking up above the park. The closest restrooms are down the trail at Crowne Hill Park so plan accordingly.

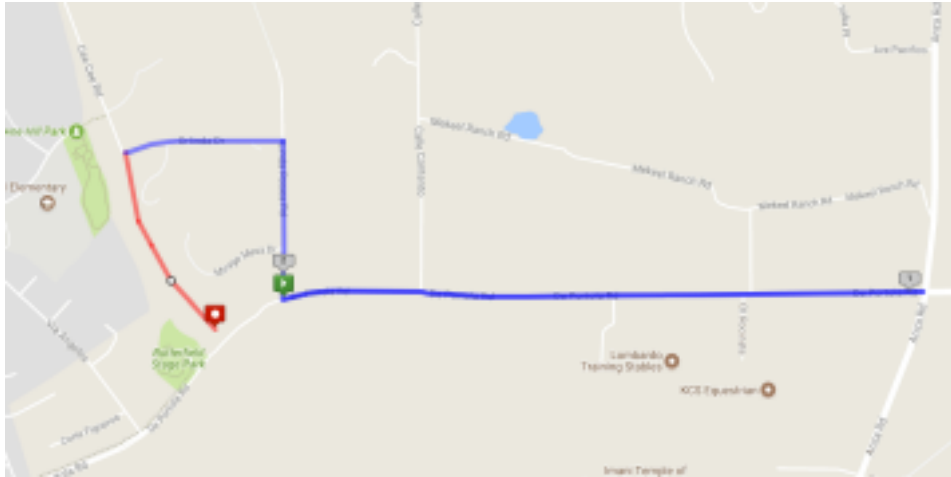
## Check in with the PSG tent in the park when you arrive.

Important Info	Practice Schedule	Time Schedule
Check in at the PSG tent & make sure athletes come dressed ready to race! Running shoes, shorts, t-shirt is fine. Parents will be needed to help with the races.	Paperwork & Attendance Warm-up for Races	6:15-6:45 am – Butterfield Stage Park (Basketball Court)
All athletes must have turned in a completed sports packet and be <b>ATHLETICALLY CLEARED</b> to race! <b>You CANNOT turn it in at the time trial on the 17<sup>th</sup>! No exceptions.</b> Plan ahead!	Coaches Introductions & Race Instructions	6:45 am
Athletes that are grades 10-12 need to run the Varsity Time Trial. 9th graders, and new runners in grades 10-12, can choose which one to run.	<b>Girls 2.75 Mile Time Trial – Up to Top 16 Qualify to Camp</b>	6:55 am
Athletes that are grades 10-12 need to run the Camp Time Trial. 9th graders and new runners in grades 10-12, can choose which one to run.	<b>Boys 2.75 Mile Time Trial – Up to Top 16 Qualify to Camp</b>	7:35 am
9th graders/New Runners run the Freshmen/New Runner race. Up to the Top 2-4 per gender qualify to Mammoth Camp!	<b>Freshmen/New Runner Mile Race</b>	8:10 am
Please stick around for the popsicles and to meet the coaches, other parents, & alumni.	Team Cool down & Team Meeting	8:20 am
Parents will be able to purchase team gear and pay XC donations through the PSG. <b>\$300 XC Donations to PSG: Checks made payable to GO PACK Foundation with Cross Country on the memo line. OR we will have a PayPal link available.</b>	Practice Ends - Please check the schedule online for Tuesday's practice location and time!	8:30-9:00 am

## Welcome Back Popsicles:

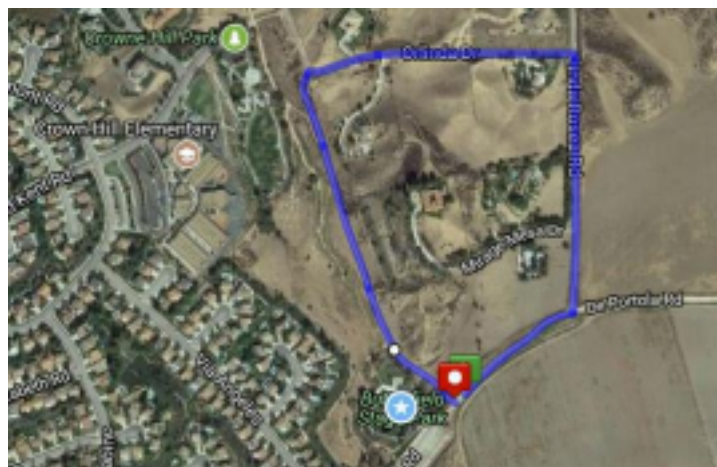
Upon the completion of races, there will be free popsicles for everyone to enjoy, as well as Gatorade and water! Please stick around and have a popsicle and get to know some of your teammates. Coach Draughon will speak to everyone when all races have concluded and Mammoth Camp Lists will be announced.

## Race Courses



### Camp Time Trial Course – 2.75 miles

Starts at the end of Linda Rosea Rd at the bottom of the hill, athletes run to Anza Rd and turn around at the cones. They run back towards the park area, but turn on Linda Rosea, then left on Orlinda Dr, and left on the trail back to the finish line.



### Freshmen/New Runner Race Course – 1 mile

Starts at the beginning of De Portola Rd when it turns to dirt. Athletes go left up the hill at Linda Rosea, left at Orlinda Dr., and left on the trail back to the finish line (around where the start is). Course has up and down hills.

**\*\*Mammoth Camp costs will be around \$750 per runner. Checks for Mammoth will be expected by no later than Tuesday, July 18th.**

**Questions?** Please email Coach Draughon – [tdraughon@tvusd.us](mailto:tdraughon@tvusd.us)



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