



# 2019 CIF Prelims

CIF prelims is a divisional meet at the Riverside City Cross Country Course that determines who moves on to CIF Finals the following Saturday. In order to qualify for Finals, our team needs to place in the top 8 in our heat. Both teams should move on to Finals with controlled efforts. This is an important step we must take in order to make it to the State Finals in Fresno. Division 1 Southern Section California is the most competitive section in the entire US each year! The coaching staff is very proud of both teams for their continued hard work and success! Be ready for super fast races and focus on being the best you can be for your teammates this post season. Race info is listed below.

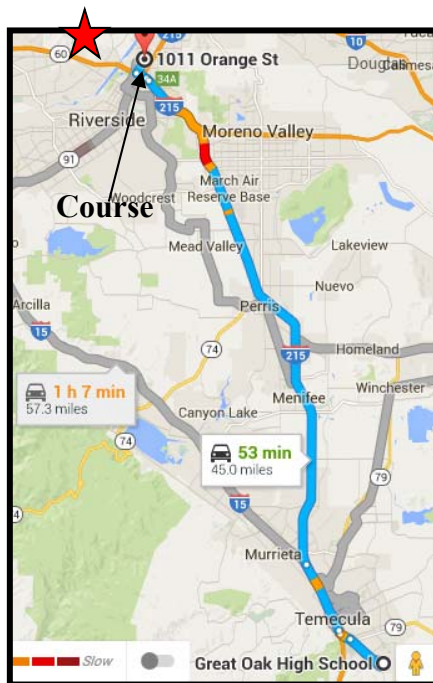
What to bring?	Meet Schedule – Div I	Time Schedule
<b>Uniform:</b> (on when you get to the bus)	Race 5: Girls Race – 10:05 am	Arrive at School – 6:45 am
<b>\$\$\$</b> for T-Shirt (optional) & Food	Race 8: Boys Race – 10:55 am	Bus leaves School – 7:00 am
<b>Running shoes</b> /racing flats and extra pair of socks	<b>Friday, November 15</b> <b>Riverside XC Course</b> 1011 Orange Street, Riverside	Arrive at Meet – 8:15 am Leave Meet – 11:45 am
<b>Food: ex:</b> bagels, bananas, fruit, water and Gatorade	Admission - \$5 Student (w/card) & \$7 Adults	Food Stop – 12:15 pm (for 120 min, Riverside Mall)
<b>Extras:</b> Sunscreen, water bottle	<b>They may charge for parking as well!</b>	Arrive Back at GOHS – ~3:00 pm <b>(always a guesstimate on our part)</b>

54 min (45.0 miles)  
via I-215 N  
45 min without traffic

**Great Oak High School**  
32555 Deer Hollow Way, Temecula, CA 92592

- Get on I-15 N from Pechanga Pkwy  
8 min (3.8 mi)
- Take I-215 N to Orange St in Riverside. Take exit 34A from I-215 N  
38 min (40.2 mi)
- Turn right onto Orange St  
Destination will be on the left  
3 min (1.0 mi)

1011 Orange St



Please double check directions before leaving



**Great Oak High School Cross Country**  
Coach Soles – Cell # 951-326-6992  
Email – dsoles@tvusd.k12.ca.us