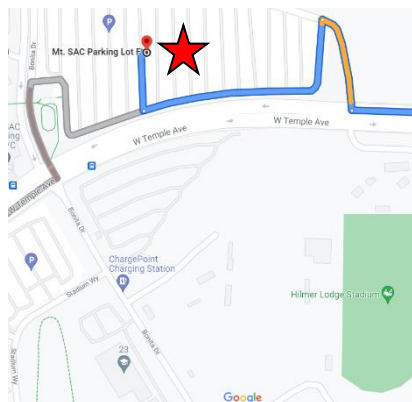
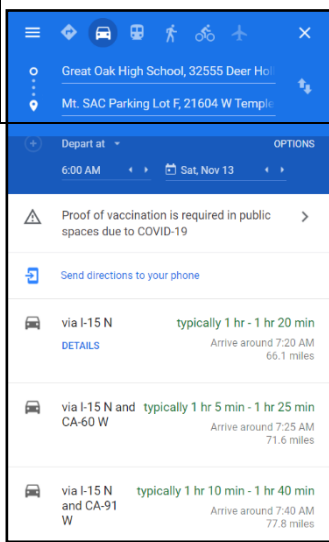




2021 CIF Prelims

CIF prelims is a divisional meet at the Mt SAC 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 4 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 Meet 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
Uniform: (on when you get to the bus)	Race 27: Boys Race – 9:30 am	Arrive at School – 5:45 am
\$\$\$ for T-Shirt (optional) & Food	Race 31: Girls Race – 10:36 am	Bus leaves School – by 6:00 am
Running shoes /racing flats and extra pair of socks	Saturday, November 13th Mt SAC XC Course Walnut, CA	Arrive at Meet – 7:30 am Leave Meet – 12:00 pm
Food: ex: bagels, bananas, fruit, water and Gatorade	Admission - \$5 Student & \$10 Adults MOBILE ENTRY https://gofan.co/app/events/442535?schoolId=CISS	Food Stop – 12:15 pm
Extras: Sunscreen, water bottle	\$10 Parking Fee!	Arrive Back at GOHS – ~3:00 pm (always a guesstimate on our part)



Please double check directions before leaving



Great Oak High School Cross Country
Coach Draughton– Cell # 951-551-8920
Email: tdraughton@tvusd.us