



Mt. SAC Invitational

This Saturday we travel to Mt. SAC for one of the biggest XC invite in the country (construction limiting size a bit this year)! It is truly a spectacle in size and history, and we will work hard to represent our team well. As a team we will be very competitive, and should use these races to prepare for CIF which will be run on this course in future years. The meet has a lot of different levels listed below with the time that you run. The competition will be tough, with about 30-40 teams competing per race. The course is difficult, with 3 big hills, but is a little shorter at 2.95 miles. We will be stopping for food on the return ride home, so please have money to eat! Students will call parents when we get 15 minutes from the school for pick up. This is one of the biggest meets in the country, and it is very competitive! Be ready to give your best for your teammates and be an ELITE team! Please email Coach Soles with questions.

What to bring?	Meet Schedule – Div I	Time Schedule
<u>Uniform:</u> (on when you get to the bus)	Boys 9 th – 7:30 am Girls 9 th – 7:51 am	Arrive at School – 5:00 am
<u>\$\$\$</u> for T-Shirt (optional) & Food	Boys 10 th – 8:09 am Girls 10 th – 8:31 am	Bus leaves School – 5:10 am
<u>Running shoes</u> /racing flats and extra pair of socks	Boys JV Sweeps – 8:47 am Girls JV Sweeps – 8:56 am	Arrive at Meet – 6:35 am
<u>Food:</u> ex: bagels, bananas, fruit, water and Gatorade	Boys Sweeps – 9:44 am Girls Sweeps – 10:00 am	Leave Meet – 12:00 pm Meal Stop – 12:30 pm
<u>Extras:</u> Sunscreen, water bottle	Check Directions Below	Arrive Back at GOHS – 2:30-3:00 pm (always a guesstimate on our part)

Location Directions Below



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

Driving directions to 1100 N Grand Ave, Walnut, CA 91789

73.1 mi – about 1 hour 21 mins (up to 1 hour 40 mins in traffic)

Via I-15 N, N Diamond Bar Blvd, W Temple Ave, W Temple Ave - [remove all](#)



32555 Deer Hollow Way
Temecula, CA 92592

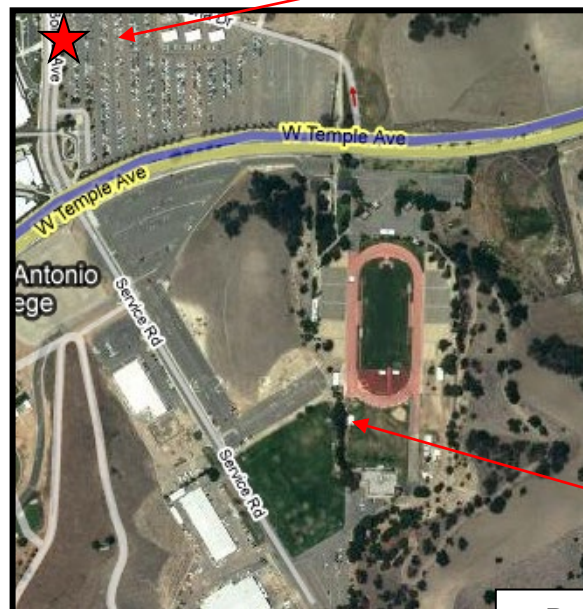


1. Head **southwest** on **Deer Hollow Way** toward **Pala Rd/Pala Temecula Rd/Pechanga Pkwy** 0.4 mi
2. Turn **right** at **Pala Rd/Pala Temecula Rd/Pechanga Pkwy** 2.2 mi
3. Slight **right** to stay on **Pala Rd/Pala Temecula Rd/Pechanga Pkwy** 0.4 mi
4. Turn **left** at **CA-79** 0.7 mi
5. Slight **right** to merge onto **I-15 N** toward **Los Angeles/Riverside** 47.8 mi
6. Take the **State Hwy 60 W** exit toward **Los Angeles** 0.5 mi
7. Merge onto **CA-60 W** 14.8 mi
8. Take exit **26** for **Diamond Bar Blvd** toward **State Hwy 57 N** 0.4 mi
9. Turn **right** at **N Diamond Bar Blvd** (signs for **State Hwy 57 N**) 1.4 mi
10. Turn **left** at **W Temple Ave** 3.2 mi
11. Turn **right** at parking lot (**usually \$5.00 to park!**) 0.2 mi
12. Walk through tunnel from parking lot to stadium entrance 0.2 mi



1100 N Grand Ave
Walnut, CA 91789

**Entrance to
Parking**



Please double
check
directions
before leaving

Course

Park and cross the
street through the
tunnel at the end of the
parking lot to go to the
course. Admission is
charged



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