



2019 SWL Finals

Wednesday, November 6th is our Southwestern League Finals meet! It has been an awesome season! Look to end your season on a positive note by giving your best effort in this race! There will be 5 races like our previous SWL meets. There will be 6 teams competing in our league (Chap, TV, MV, VM, & MM). After our final race, we will have a team meeting in the team area before we have the **awards ceremony!** This is a very serious meet, is not optional, and we expect everyone to show up and do their best! This meet counts 50% towards the league championship for the season, so run hard! We are currently in 1st for all 4 scored levels of competition in league! The top 3 teams move on to CIF for varsity only. Our CIF team will consist of 16 boys and 16 girls that will be selected by the coaches the night of November 6th (potentially late) and posted on our team website. It may be cool this year by awards, bring layers! **Only 2 buses returning to GO!**

What to bring?	Meet Schedule/Info	Time Schedule
Uniform: (on when you get to the bus)	Wednesday – 11/6/19	Out of class – 12:01 pm
Pick up – Parents can sign you out from the meet and take you home if needed after awards at the end <u>only, unless there is a major emergency!</u>	Parents, please stay back from finish line area & timer so that meet officials can get accurate results	Buses leave school – 12:25 pm Arrive at Meet – 12:45 pm
Running shoes & racing flats and extra pair of socks	It will only be the SWL Teams this season for League Finals!	Awards: ~ 4:40 pm on main field
Food: ex: Lunch, bagels, bananas, fruit, water and Gatorade	Novice Race – 2:00 pm JV Girls – 2:45 pm JV Boys – 3:15 pm	Leave Meet – 5:15-5:30 pm
Extras: Sunscreen, water bottles	Varsity Girls – 3:45 pm Varsity Boys – 4:15 pm Awards – 4:40 pm	Arrive Back at GOHS – ~6:00 pm

Parking is \$5 at the meet for Galway Downs.

Do Enter Areas- There are a few areas to keep athletes and spectators from entering. The stables and the nice wedding area are off limits. (See Course Map).

Galway Downs- 38801 Los Corralitos Rd,
Temecula, CA 92592

Live results on the Finished Results app.



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