**2015 Woodbridge Classic XC Race**

**September 15-17 (Friday - Sunday)**

**Irvine, CA**

**Proposed Schedule:**

**Friday, September 15th**

* 7:30 am A.M. Run on your own
  + Flexibility, 30 min easy run, Mrytal Routine
* 9:20 am Leave for Airport to catch Flight (provide your own ride) – Meet at the Gate
  + Eat lunch on your own before we leave Denver
* 12:20 pm Flight to Orange County CA – Southwest Flight # 4033 – 12:20 to 1:40
* 1:40 pm Flight Arrival/Gather to Pick up vans
* 3:00 pm Arrive at Hotel - Embassy Suites Irvine

2120 Main Street, Irvine, CA 92614

* 3:30 Short run from Hotel
* 5:00 pm Dinner at Olive Garden (Coach Dalby will pay for)
* 7:30 pm Movie
* 10:30 pm Lights Out

**Saturday, September 19th**

* 8:00 am Meet in hotel lobby to stretch/10 min shake out run
* 8:30 am Breakfast at Hotel
* 9:30 a.m. Head to Beach/Irvine to hang out for an hour
* 12:00 pm Lunch on your own
* 1:00 pm Relax at Hotel
* 5:00 Pre-Race Meal (on your own)
* 6:30 Depart for Meet
* 9:34 Girls Sweepstake Race
* 9:54 Boys Sweepstake Race
* 11:00 Pizza at hotel (Coach Dalby will pay for)
* 12:00 Lights out

**Sunday, September 20th**

* 7:00 am Breakfast at Hotel
* 7:30 am Leave for Orange County Airport
* 9:45 am Flight to Denver – Southwest Flight #1157 9:45 am – 12:55 pm
* 12:55 pm Arrive at DIA (Have a ride waiting for you at airport)

**Anticipated Costs: (Per Athlete) Paid By Athlete**

* Flights to Irvine – Southwest Airlines $250.00 (checks made out to “MVHS XC”)
* Lunches and Movie (Cash) $50.00
* Souvenirs – Shirts, hats, etc. $50.00
* **Estimated Total: $350.00\***

\* Items in green (totaling $250) will be paid via check to MVHS XC and given to Jonathan Dalby. You will need to send cash with your child for the other items (totaling $100).